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Serving Boomers, Seniors & Caregivers in Wilmot, Wellesley & Woolwich Township

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Feature Business of the Month

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



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Wellesley Fire Brigade, May 25, 1936

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**Row 2** - Ernie Hamel, A. Gremm, A. Chalmers, Walter Gerth, Albert Berscht, A. Hammer, Royal Kelterborn, Joseph Wagner

Read the full story on page 8.

**Cover story written by:** Nancy Maitland, Wellesley Township Heritage and Historical Society

**Cover Photo Credits:** Wellesley Township Heritage and Historical Society



LETTER FROM THE EDITOR

We are excited to welcome Kelly Durst and her bi-monthly dental column. Kelly has been a dental hygienist for over 10 years. She graduated from Vancouver Island University in 2011 and has maintained a self-initiated dental hygiene license through the College of Dental Hygienists of Ontario. She is a member of the Canadian Dental Hygienists Association, the Ontario Dental Hygienists Association, and the Dental Hygiene Practitioners of Ontario. She resides in New Hamburg with her husband and two sons and she currently serves Waterloo Region.

Kelly is passionate about helping her patients maintain good oral health. She provides high-quality dental hygiene services that are affordable, relaxed, and conveniently located for patients in New Hamburg and surrounding communities. And if you're unable to leave your home, please don't worry as she can talk to you about making special accommodations to come directly to your home. Kelly is located at Health First Dental Hygiene - 91 Peel St, New Hamburg and she can be reached at 519-897-7341

In our bi-monthly "Dental Column" Kelly will answer your questions. Whether you're wondering or worried - concern or confused - send your dental question to: [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com). For those wondering about anonymity, please know confidentiality is valued and we will never publish your name. Our only goal is to help and educate so we can all learn and grow wiser about the aging process, together.

## Life Hack Tip of the Month ~ Use a paperclip to help put on a bracelet when you don't have anyone around to help you

1. Bend a paper clip to open it.
2. Hook the paper clip through the end of the bracelet.
3. Close the clasp with your free hand.



Thanks again for spending time with us. Wishing you a happy and healthy summer!

Tara



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# What Can I Do About My Sensitive Teeth?

Kelly Durst,  
Health First  
Dental Hygiene



Foods and drinks that are particularly hot, cold, sweet or acidic can bring on that dreaded sensitive teeth feeling. Sensitive teeth occur when your enamel has worn away and the underlying softer dentin layer is exposed. When the dentin is exposed, the foods and drinks we consume have a direct path to our dentinal tubules. Dentinal tubules lead to the nerves of the teeth and sensitivity occurs when the stimuli (food or drink) meets the nerve.

There are many factors behind sensitive teeth and different ways that dentin can become exposed, including:

- ✦ Gum Recession and bone loss due to periodontal (gum) disease
- ✦ Incorrect brushing technique - are you using a hard bristled brush and / or brushing too forcefully?
- ✦ Acid erosion (thin enamel, teeth can appear yellow) due to diet or continuous acid reflux
- ✦ Teeth clenching and grinding - can make your teeth sensitive or sore overall
- ✦ Inflammation in the gums due to insufficient plaque control
- ✦ Cracked or chipped teeth and / or old fillings

- ✦ Recent Dental Procedures - particularly a deep filling or lengthy, more involved procedure. This sensitivity should resolve within about six weeks of the dental procedure

No matter what the cause of your sensitive teeth, you can find relief. Oftentimes, using a toothpaste specifically formulated for sensitivity is enough to mitigate the problem. X-Pur Remin is a favourite of Health First Dental Hygiene (ask us for a sample). Sensodyne, Crest and Colgate also offer a sensitive paste that provides relief when used as directed. It is important to note that when you discontinue use of a sensitivity paste, the symptoms do typically return, so continuous use is best.

If you have only one or two teeth that cause you a problem, or you feel like a sensitivity paste doesn't leave your mouth feeling clean (they have a low abrasiveness that can take some getting used to) you can use these pastes as a topical ointment. After you've brushed with your regular paste, you can apply a layer to the troublesome area(s). Leave the paste undisturbed for 1-2 minutes, and spit out the excess. **DO NOT** rinse your mouth out with water. This allows the sensitivity paste to slightly remain on the teeth and begin to relieve your symptoms.

Lastly, if you cannot find comfort with sensitivity paste alone, you can ask your dental hygienist to apply a professional desensitizer.

*Larson, J. (2021, April 7). How hydroxyapatite toothpaste helps tooth remineralization. Healthline. Retrieved May 26, 2022, from <https://www.healthline.com/health/dental-and-oral-health/hydroxyapatite-toothpaste>*

*Sensodyne science. GSK Oral Health Partner. (n.d.). Retrieved May 25, 2022, from <https://www.gskhealthpartner.com/en-us/oral-health/brands/sensodyne/science/>*

# Summer Skin Care

Summer is almost here! As we get ready to enjoy the season, this is a great time to talk about how to take care of our skin while we enjoy more time outdoors.

## Sun Safety

There are many ways to reduce the chances of damage to the skin and to help prevent more serious health related consequences. The Canadian Cancer Society recommends seeking shade while outdoors, wearing protective clothing, wide-brimmed hats and sunglasses and applying sunscreens regularly.

## Chemical Versus Mineral Sunscreens

There are two main types of sunscreens, chemical and mineral/physical sunscreens. Chemical sunscreens use chemicals as an active ingredient to absorb the damaging UV rays. Mineral sunscreens create a physical barrier between the skin and UV rays preventing damage to the skin. They sit on top of the skin and physically block UV rays, thus they are often also referred to as physical sunscreens. The newest mineral sunscreens use new technology enabling them to rub into the skin without leaving a white residue on the skin. They are made with zinc oxide or titanium dioxide and tend to be preferred for sensitive or acne prone skin.

Mineral sunscreens are the type which we carry at Town Pantry. We are very excited right now about our new Attitude brand mineral sunscreen sticks. The cardboard tubes are completely plastic free and environmentally friendly. They are even available in a tinted stick to give you a nice glow without the dangers of UV exposure.

## SPF Protection

The Sun Protection Factor is a number which tells you how long the UV radiation would take to burn the skin when using the product as directed versus the amount of time without using sunscreen. For example, with an SPF of 30 it would take you 30 x longer to burn than if you were not wearing any sunscreen at all. Regardless of the SPF number, frequent applications is very important as sunscreens can be washed, rubbed or sweat off of the skin.

## Sunburns and Sunburn Treatment

Sunburns are inflammation and damage to the outer layers of the skin. There are many easy natural ways to treat sunburns and ease the discomfort that they cause. Here are a few you may want to try:

### Aloe

Aloe is a great natural remedy for skin healing in general and great for the treatment of sunburns. If you have a plant at home you can easily break or cut off a leaf and apply the juice inside directly to the skin. Purchasing an aloe gel from a health food store is another option.

### Chamomile

Chamomile is said to be healing for sunburnt skin. If you already enjoy a cup of chamomile tea in the evening, try brewing some extra tea and let it cool. Soak a washcloth in the cooled chamomile tea and apply to the affected area.

### Oatmeal Baths

Oatmeal baths with colloidal oatmeal can help to decrease inflammation and reduce itching. Colloidal oatmeal is oats ground into a fine powder that dissolves in water. Colloidal oats can hold a lot of moisture and are therefore very moisturizing for the skin, helping to soothe the discomfort of dry and sunburnt skin. To make your own oatmeal bath try using these simple steps:

- 1) Use lukewarm water, not hot
- 2) Sprinkle about one cup of colloidal oatmeal under running water
- 3) Soak for 10-15 minutes
- 4) After your bath pat the skin dry and apply a fragrance free moisturizer

### Drink Water

Staying hydrated is good for many reasons and in this case, drinking lots of water can help to counteract the drying effects of a sunburn.

So, now that you know how to prevent and treat the dreaded sunburn, you can confidently get out and enjoy the summer! Have fun!

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# Creating a Dementia-Inclusive Space for Businesses

Alzheimer Society Waterloo Wellington

Dementia-inclusive businesses empower people living with dementia to be independent customers and employees. They will give care partners greater peace of mind. Here are three reasons why companies should embark on this journey.

## 1. Growing Needs

With the increasing prevalence of dementia, we will see a rise in both customers and employees living with dementia. Creating a plan and ensuring that businesses are dementia-inclusive well-equip them for the growing need.

## 2. More Social Savvy Customers

Customers are increasingly demanding that businesses become more socially responsible. Creating a space for everyone will let more people access your business.

## 3. Enhanced Reputation and Equity

Studies show that Corporate Social Responsibility (CSR) initiatives have positive impacts on brand reputation and equity.

By reading this article, you are already on the first steps to creating a dementia-inclusive environment. Below is a framework to help transition your business into one that supports people living with dementia to live their best days. This list is a general framework. Please reach out to the Alzheimer Society Waterloo Wellington if you are interested in creating a specific plan for your business or a general assessment of your space.

### 1. Plan

Discuss being dementia friendly with your staff. Planning will include staff education, training and support. There are resources available free of charge at the Alzheimer Society Waterloo Wellington to help you during this phase.

### 2. Action

Identify weaknesses in your policy and environment, and create solutions! Achieve this through research or a partnership with a local dementia advocate such as Alzheimer Society Waterloo Wellington.

### 3. Raise Awareness

You're doing something fantastic! Make sure your organization and community know about it! Hopefully, another group sees your great work, and it spurs them to create a dementia-inclusive space too!

### 4. Monitor Your Progress

Dementia inclusivity is an ongoing progress. Regularly reassess and revamp your action plan. Reassessing is also a great way to tackle more significant changes – remember, it does not have to be all at once. Small changes go a long way, and every change closer to a dementia-friendly community is significant!

### Dementia Enabling Environment Checklist

Below is a quick checklist to start you and your business on the path toward dementia inclusivity. Please do not hesitate to reach out to the Alzheimer Society Waterloo Wellington with specific plans for your business.

Design safety measures to be as discreet as possible. Creating spaces with the dignity of the person in mind

1. Design the scale of the environment to maximize comfort and security. Create smaller spaces and segment sections.
2. Make it easy for people to see where they are going. Signs for essential sections such as washrooms and checkouts are crucial.
3. Minimize unhelpful stimuli. Reduce visual and audio noise that will not add to the experience.
4. Create an environment - indoor and outdoor - that is easy for engagement and safe to navigate.
5. Design components of the environment to be as familiar as possible. Spaces like washrooms will benefit from familiarity with our homes
6. Offer people opportunities to choose to be alone or with different numbers of people
7. Design to support a way of life that is easy to understand, manageable and meaningful.

# Mobile Phone and Tablet Lending Library Program

## at Woolwich Community Health Centre

Like other health care providers, Woolwich Community Health Centre continued opening its doors to clients and Woolwich and Wellesley Township residents during the pandemic. The health centre has been addressing the barriers to health and wellbeing from social isolation, limited or no access to primary care services delivery, in-person health and wellness educational sessions, and virtual connectivity. During the pandemic WCHC focused on increasing access to virtual primary health care, virtual health and wellness sessions, virtual fitness classes, children summer clubs, and more. WCHC has lots of virtual community programs that are offered over the last two years, but we may have left out some of the people who don't have access to digital devices

One of the emerging challenges indicated by community members and partner organizations was access to digital technology. During COVID-19, the digital divide has become real and growing, in particular in rural communities. Community members in the rural townships have experienced difficulties accessing technology. A gap in accessing internet in our rural townships and mobile phones with data as alternative to service delivery was identified by our staff, volunteers and partner organizations. In order to tackle the digital equity experienced by our community members, we applied for funding to enhance the participation of community members in virtual health services and community programs.



Thanks to the Ontario Health (OH), the Alliance for Healthier Communities and Woolwich Township, we have received 25 mobile phones and 3 tablets. We have launched a mobile phone/tablet lending library in early May. The device-lending program will help us reach those clients we are not able to reach through other virtual platforms. We are hoping that our clients and community program participants who have difficulties accessing technology will benefit from this lending library. If you are interested to use our mobile phone and tablet lending library, contact us.

- ✓ Borrow a mobile phone with Data
- ✓ Participate in virtual health services, community programs and services
- ✓ Connect with Family & Friends
- ✓ Learn to use technology
- ✓ Free one-on-one support can be provided on our device

For more information call:  
Woolwich: 519-664-3794  
Wellesley: 519-656-9025 or  
Email: [hradford@wchc.on.ca](mailto:hradford@wchc.on.ca)





## Fire Protection in Wellesley Village Part III

WRITTEN BY: NANCY MAITLAND, WELLESLEY TOWNSHIP HERITAGE AND HISTORICAL SOCIETY

*Photo Caption: Wellesley Volunteer Fire Brigade, May 25, 1936*

*In June 1931 Wilson Omand was appointed as the first Fire Chief of the Wellesley Volunteer Fire Brigade and 16 volunteers signed on to help. In this 1936 photo, there are 14 volunteers along with the chief.*

*L-R: A. Chalmers, R. Kelterborn, J. Wagner, W. Ottman, W. Gerth, L. Schenck, A. Jantzi, Alf Margetts, W. Omand (Chief), E. Leis, E. Hamel, A. Gremm, A. Hammer, O. Zettel, A. Berscht*

After a serious fire in 1931 at the Wiowade home, at the corner of Henry Street and William Street, there was real change and improvement in fire protection in the village. The fire was so serious, the Baden Fire Brigade was called in to help the local brigade. In April 1931, the Trustees appointed a committee to research and recommend the purchase of firefighting apparatus. The committee visited fire engine manufacturers in Woodstock and St. Catharines and recommended that the equipment produced by Mckinnon Industries in St. Catharines be purchased for the village at a cost of about \$2,100. This fire truck was a second-hand 1926 Dodge with an open cab, equipped with a Bickle pump.

In June 1931 Wilson Omand was appointed as the first Fire Chief of the Wellesley Volunteer Fire Brigade and 16 volunteers signed on to help. In 1932, the shoe store on Queen Street was purchased to serve as the fire hall. This is where the bank is now. Other groups used the building as well, including the band and Police Village Trustees.

Early in 1932 the Canadian Fire Underwriters Association inspected fire preventive appliances in the village. Here we learn details of the newly formed fire brigade and its equipment. The truck carried 1000' of 2 ½" hose; two playpipes used to project heavy water streams over greater distances; two 40-gallon chemical tanks and



200' of chemical hose. Its pump could pump 250 gallons per minute. The truck carried a 32' ladder, a 20' extension ladder, and a 12' roof ladder.

The inspectors tested the brigade's response time by phoning in an alarm from a store on William St., about 900' from the fire hall. The siren sounded about 15 seconds after the call and the fire engine arrived at the store 2 minutes and 15 seconds later. Water began to be pumped from the pond within 3 minutes after arrival and 11 volunteers were in attendance.

The report describes the fire hall as well. The building was made of brick. One side was 1 1/2 storeys and the other side was 2 1/2 storeys. The fire hall was in the 1 1/2 storey side with an apparatus room on the ground floor and a fireman's meeting room upstairs.

The 2 1/2 storey side was where the hoses were hung to dry after use.

Fire suppression in the village relied on the water in the pond which meant careful maintenance of this resource. In 1935 Henry Roth was hired to look after the floodgates at the dam and to keep 4 holes open in the pond for purpose of Fire Department. The fire brigade appointed Walter Ottmann as the first caretaker of the fire hall. The position was held for many

years after that by Edial Albrecht at a salary of \$15/year. In November 1936 other group stopped using the fire hall and it was used as a fire hall only.

In 1940 the pumper was rebuilt on a 1937 Chevrolet chassis. J. P. Wagner was the chief engineer for this work. In December 1945, the school board sold the property then known as the Town Hall (the old stone school beside the school on Henry Street) to the Wellesley Volunteer Fire Brigade for \$1.00. This was not used as the fire hall. The firemen rented it to groups and used the

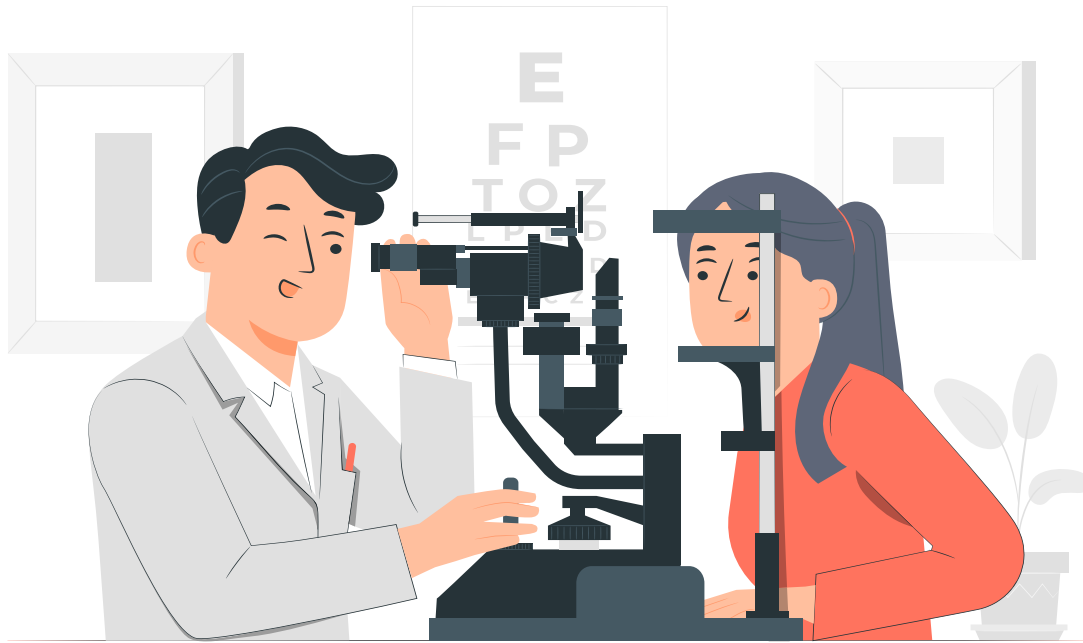
money to fund their work.

From 1931 to 1967 there were four fire chiefs, all of whom had been with the fire department since its beginning in 1931. In 1947 Chief Omand retired after 16 years of service and Alfred Margetts was named Chief. He

served until 1948 when Walter Ottman was appointed Chief. He served until 1949 when J. P. Wagner became Chief. J. P. Wagner served until 1967.

**If you have any information about fire protection in the township, please call WTHHS member and volunteer, Debbie Kroetsch at 519-502-4673 or email us at [info@wellesleyhistory.org](mailto:info@wellesleyhistory.org).**





# 6 TIPS

## TO LOWER YOUR RISK OF MACULAR DEGENERATION

### WHAT IS MACULAR DEGENERATION?

Age-related macular degeneration (AMD) is a deterioration of the macula, the key part of the retina responsible for highly detailed central vision. There are two main types of macular degeneration: dry and wet.

Dry AMD occurs when small deposits in the macula called drusen gradually damage the light-sensitive retinal nerve cells, leading to vision loss.

In wet AMD, fragile new blood vessels grow under the macula. When these blood vessels leak blood or fluid, the macula is damaged. Although both types of macular degeneration can result in vision loss, wet AMD is the more

serious form of the disease as it results in faster and greater vision loss.

### WHO IS AT HIGH RISK FOR MACULAR DEGENERATION?

- age 50+
- family history of AMD
- smoking
- a diet high in saturated fat
- high blood pressure
- obesity
- cardiovascular disease

### 6 WAYS TO REDUCE YOUR RISK OF MACULAR DEGENERATION

#### Stop smoking

If you don't smoke, don't start, and if you smoke—quit. Smokers are 4 times more at risk of developing AMD and typically develop the disease around 10 years earlier than non-smokers.

#### Wear Quality Sunglasses

UV rays from sunlight can put your eyes at risk. Make sure that you choose high-quality 100% UVA & UVB filtering sunglasses to block the sun's harmful UV rays. Consider getting polarized lenses, as they filter out reflected light rays more efficiently. That's especially

important if you spend time on the road, on the ski hills, at the beach, or on the water.

### Check Your Blood Pressure

High blood pressure not only harms your heart but restricts oxygenated blood from reaching your eyes. Have your blood pressure checked regularly. If you already have hypertension, consider using an at-home monitor to keep tabs on it.

### Eat Healthy and Consider Supplements

Cut out saturated fat, which can raise your blood pressure. Eat fewer animal fats and replace butter with olive oil. Look for plant-based, high-protein alternatives to meat, and eat oily fish like sardines, mackerel and salmon.

Dark, leafy greens and certain orange-coloured vegetables are terrific for your eyes. Spinach and kale contain lutein. Orange peppers and sweet potatoes contain zeaxanthin. If you have dry AMD, ask your optometrist about antioxidant supplements that have been shown to slow the progression of AMD.

### Know Your Family History

Up to 70% of AMD cases have a genetic component. Those with a parent or sibling with AMD have a greater risk of developing this serious sight-threatening eye disease. If you have a family history of this disease, get your eyes frequently tested for AMD.

### Get Your Eyes Checked Regularly

Everyone should have regular comprehensive eye exams, especially if you're over 50, have a family history of AMD, hypertension or other risk factors.

An eye exam that screens for AMD typically includes:

- ▶ Visual Acuity – tests your ability to read and see an eye chart from various distances
- ▶ Pupil Dilation – the optometrist applies eye drops to dilate the pupil so they can more thoroughly examine the inside of your eyes

- ▶ Digital Retina Image and/or OCT – full colour pictures and 3D imaging of the macula to detect leakage from the vessels and measure retinal thickness. This can help the eye doctor diagnose wet AMD, even in the early phases.
- ▶ Amsler Grid – The optometrist asks you how straight lines on a checkerboard grid appear. “Wavy” or “missing” lines could indicate the presence dry or wet AMD.

Vision is your gateway to the world. Good vision lets you live an active and independent life, even in your advanced years. Regardless of your age, have your eyes checked regularly, and all the more frequently if you have a family history of AMD or other risk factors.

*Howard Dolman B.Sc OD*

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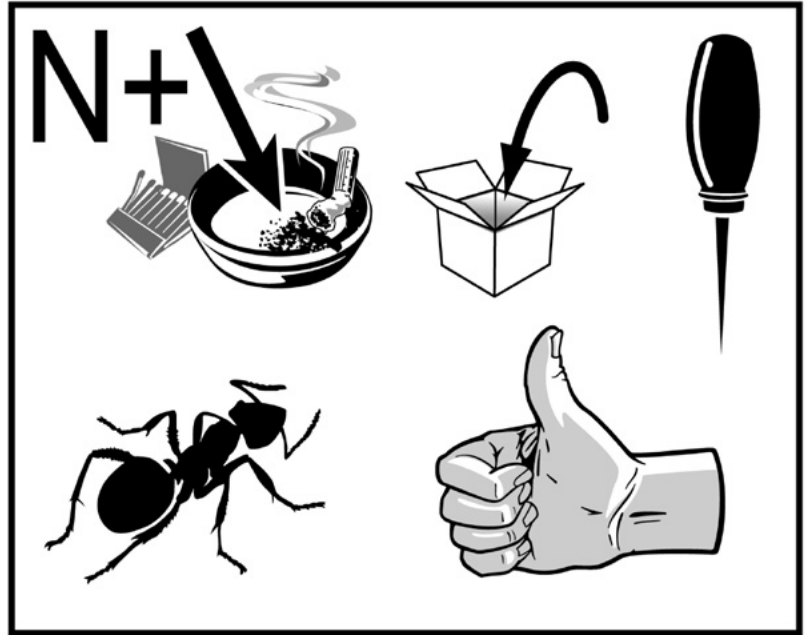
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# July Puzzles!



## Concentration Puzzle

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



## Word Pyramid #9

Answer the clues to fill in the pyramid.



1. \_ I N G O

2. Not down

3. Shed tears

4. Secret writing

5. Bee's defense

6. Pillar

7. Inflatable party prop

8. Guards, collectively

9. Sky diver's need

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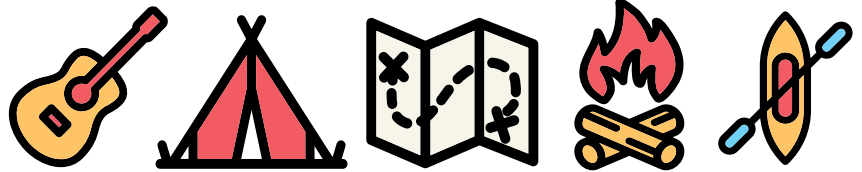
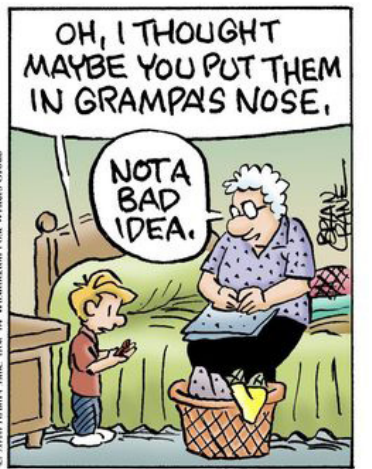
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# Laughing Matters!

## Spot the Difference Find 10 differences



# WHERE TO GET YOUR FREE COPY

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

## WILMOT TOWNSHIP:

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

## WELLESLEY TOWNSHIP:

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

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
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## WOOLWICH TOWNSHIP:

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- Woolwich Health Care Centre
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- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob’s

# Solutions

Concentration Puzzle:  
National Anthem

B  
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C O L U M N  
B A L L O O N  
S E C U R I T Y  
P A R A C H U T E





# Ask the Doctor

with Dr. Nicole Didyk

## Is acupuncture safe for seniors to help with chronic pain conditions including arthritis?

Acupuncture (insertion of needles under the skin in specific areas of the body) is over 2000 years old and has evolved to include many different styles and methods, including acupressure, and the use of heat, magnets, low power lasers, ultrasound and electrical stimulation. Most people think of the Traditional Chinese style when they think of acupuncture. In very simplified terms, acupuncture seeks to restore balance of the elements and energy in the body to provide relief of symptoms.

Acupuncture is considered very safe, and in fact may be safer than some medications or other treatments for pain! Adverse events are extremely rare and usually minor. Bleeding, pain, and numbness are the most common side effects, and when sterile needles are used, there is a very low risk of infection. Of course, it's important to see a provider who is experienced and qualified and uses good infection control and prevention practices. If you're on blood thinners, or have any other medical conditions, let your acupuncturist know so they can help you decide if it's okay to go ahead with treatment.

Another question is whether acupuncture works for arthritis pain. It's difficult to find high quality clinical trials for acupuncture, as with many complementary and alternative therapies. Some scientific studies have compared acupuncture to "sham" acupuncture (inserting needles but not using acupuncture principles) and usual arthritis therapy. Both sham and traditional acupuncture

seemed to show some small benefit. Acupuncture also seems to help with low back pain which may be due to arthritis or some other cause.

**BOTTOM LINE:** Acupuncture is safe for almost all older adults and may help with pain from arthritis or another cause. Choose a qualified and knowledgeable acupuncturist and let them know about all of your medical conditions and current medications

For more information about aging and health, go to [www.TheWrinkle.ca](http://www.TheWrinkle.ca)

If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto: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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**www.alzheimerww.ca**

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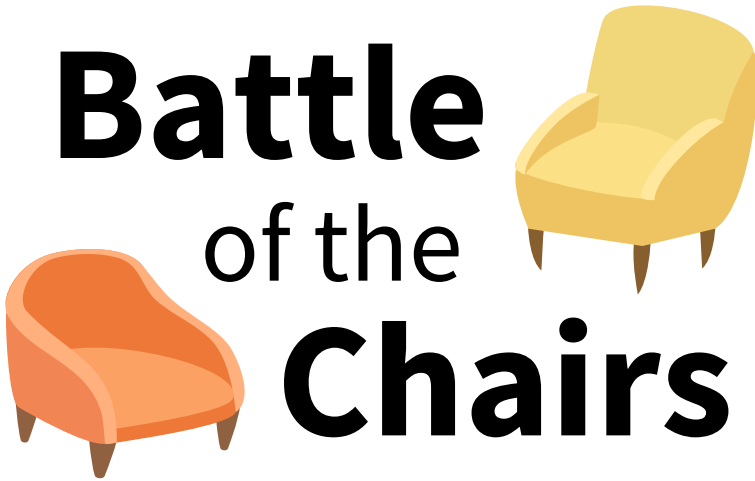
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# Battle of the Chairs



You must visit a local coffee shop to test the waters of today's kindness and caring. Like a movie with a Hollywood script, this has a happy ending... but, one's always in doubt in reality!

Picture this: a bright, beautiful day with people milling about outside a popular coffee and pastry shop. And like a scene straight out of Mr. Rogers neighbourhood, kids are laughing, adults are lined up to order... while enjoying each other's conversation. Almost a carnival atmosphere!

**Scene One:** After biking to the coffee shop, we were looking forward to a refreshing coffee and a tasty treat but found only one lonely table and chair available. This was to be expected especially on a public holiday, so my wife decided to line up and place our order with the hopes of me securing an extra chair, if one came available. I started checking with folks, but all chairs were being held for someone else.

**Scene Two:** I retreated to our table to plan my next move. Just then, I noticed two chairs sitting by themselves outside the back doors... hmmm? After working at several retail outlets in my younger day, my first thought was they were there for staff breaks. But it also meant that, with this crazy crowd, management's directive would be, "all hands-on deck", now... break-time later. So, I "borrowed" one of the two staff chairs with the thought I would cheerfully give it up, if asked.

**Scene Three:** Just when I was congratulating myself on creating a scenario whereby everybody potentially wins, here comes two women including a mother pushing a baby stroller. Now,

to me, this was a game changer. Was I prepared to enjoy a coffee while this mother is left standing? Nope. My mind went into overdrive. I could "borrow" the last staff chair and offer it to the mom – advising her we may be asked for them back. So, as mom tries to console her baby, I make my move – explain my whole crazy plan – she's grateful.

**Scene Four:** About five minutes later my wife returns; I don't bother her with details as I savour my coffee. Then a neighbouring group of people, using about ten chairs and two tables got up to leave – distributing chairs to anyone who needed them. It reminded me of the biblical story of a man – the good Samaritan – who similarly offered help to a stranger. Their moves, on this chessboard of life, made it possible to have a happy ending. I returned the two staff chairs. Checkmate!

**Scene Five:** But then a man came over – another witness to all this – and wanted to know if I had asked the mother to hold her baby. What? Not me man – I just move chairs! Leaving, he told the mom that he was glad she ended up with a chair. She just looked my way and smiled: a true Madonna.

I learned that nothing goes unnoticed. All is recorded in the hearts and minds of everyone. Kindness and caring? Anyone can do this. Where there's a will...

**“When you were young and your heart was an open book, You used to say Live and Let Live (You know you did, you know you did, you know you did)”**

– Live and Let Die by Paul McCartney & Wings  
[Watch on YouTube](#)

**That's the way I figure It – FP**



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

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519-662-9526**

# Taking Advantage of the Summer Weather

The arrival of summer brings longer days, sunshine, and an ideal opportunity to get out of the house – especially after the long fall, winter, and spring that we have just experienced! There are many free, or low-cost activities for older adults to enjoy:

- \* **Get out of the house and get moving!**  
Depending on your abilities, go for a walk, run, or roll around the block. For those that are more adventurous, there are many great walking trails to enjoy. Not only does this get us out of the house but it keeps our mind and body moving. Need support or want company on a walk? There are volunteers who can take a walk with you.
- \* **Enjoy the warmth of the sun but please use caution!** – Whether it be sitting on a porch or patio, taking a walk, enjoying the beach, or participating in activities, summer provides a great opportunity to get out and enjoy the warmth of the sunshine. Vitamin D provided by the sun often makes us feel better. It has also been proven to be good for our bones and muscles to function while reducing the risk of fractures. However, too much direct exposure to sun can create health difficulties. Please wear sunscreen and a hat and try and adjust your hours in the direct sun to avoid the hottest period of the day, from noon to 3pm.
- \* **Cool down with a swim!** Whether it be swimming outdoors or enjoying one of our community pools, swimming relaxes the body and is easier on joints than other forms of exercise. Check out public swim sessions or classes offered through our Townships.
- \* **Create or tend a garden.** Whether it be planting a few flowers in a pot or tending a

flower bed, working with soil, and watching plants and gardens grow can be very therapeutic. Need help with gardening? We have programs to help get plants started or to support you as your plants grow!

- \* **Attend a community event, festival, or the farmer's market.** As our communities open up, there are many activities and community events across our Townships that provide an opportunity to get out amongst others.
- \* **Participate in free drop-in gentle exercise programs for older adults across our Townships.** As we re-open in-person gentle exercises, give us a call to determine a location that may be close to you!
- \* **Attend social and recreational programs for older adults across the Townships.** There are many free or low-cost activities for older adults to enjoy both through our organization and a variety of groups across our Townships. Whether it be playing a game of cards or games, enjoying common interests with others, coffee hours, music or guest speakers, these programs offer a great way to get out, meet others and stay connected to your community.

Summer provides an ideal opportunity to get out of our house and stay active, improving our physical health, keeping us sharp and mentally engaged and connecting with others. However, the heat can sometimes become too much for us. If you are finding that your home is too hot and need support with cooling down, please reach out.

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

# Downsizing and Planning For a Smaller Living Space

## Preparing for a Retirement Residence

It can be challenging to downsize or likewise help an aging parent. Sometimes it can be overwhelming to decide what to keep, donate, sell or throw out, especially if you've lived in the same house for a long time. However, after deciding to move into a smaller space like a retirement residence, it becomes necessary. All of the items that fit inside a house won't work within a one-bedroom suite.

Here are some helpful tips for making the downsizing process easier:

### 1. Be Brave and Optimistic

Focus on the life ahead of you. Cleaning out can be a time to reset. As you remove things from your life that no longer have significance to you, it inevitably becomes a time to think about what is important to you now. What do you think will be important to you in the next five or ten years? Be sure to congratulate yourself as you go along.

### 2. Ask For Help

Downsizing can be a challenging task to manage on your own. It's best to build a support system to assist you, as it can sometimes be an emotional and labour-intensive process. Whether you choose to get involved yourself, ask friends and family for help, or hire a professional, many options are available.

### 3. Plan Ahead

It could be helpful to get a floor plan of your new accommodations before starting. This will give you a better idea of the exact space you

have available to you and what items will fit inside. Get similar sized new boxes that you can write on if possible. A floor plan on a magnetic board with small furniture pieces cut to-scale is a great way to move items around and see how they will fit. That way you can create a vision for your space and decide what furniture to bring and what pieces to eliminate.

### 4. Purge

When it comes time to start getting rid of things, purging all the trash and least used items should be an easy start. Start downsizing while you are still in good health, one room or area at a time. Work through the process when you have a clear mind. Quit for the day or take breaks when you get tired. Remain aware of your mental state. Don't let yourself get overwhelmed by tiredness or by emotion.

### 5. Itemize

Try to label things for their destination (new house, family/friends, sale, donation or recycle/dispose). Take notes on where things have been sent (auction, Goodwill, a friend etc.). That way, if you are wondering where an item went later on, you will be able to check.

### 6. What To Keep

It's important to remember that everything you keep needs to have a place of its own in your new space. Don't hold onto things because you think you have to. This also means not over-saving for future generations if they have different tastes or wishes for the items.

### 7. Relive Memories

Don't be shy about reliving memories as you de-clutter. As you go through your old things you will find things you haven't seen in a long time. Don't be shy about going through those old photo albums or old journals, etc., and reliving memories. In some cases, some of these things will be too precious to let go of. In some cases, though, be mindful that this might be the last time they have any meaning to anyone. You might want to take pictures of some things to have a digital memory that won't take physical space.

### 8. Hand-down, Sell or Donate

Family members might be interested in some of your items. People often overvalue what they have. Before you get rid of your items get advice and take your time. Get an appraiser. You will not get a tax receipt for donating items in Canada but there are lots of great places looking for donations.

### 9. The Moving Day

If your family does not have a large vehicle or is unable to help, be sure you are hiring a qualified company to move your things.

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# A Young Man's Message to Seniors

## COVID RECOVERY WELLNESS HABITS

WRITTEN BY: BENJAMIN FRETZ, SUMMER STUDENT, WOOLWICH COMMUNITY HEALTH CENTRE

Our bodies are trained to adapt to our surroundings, and this is what helps us to get by in life. It's completely necessary for our survival that we learn and make changes when our lives go awry. While this means that humans are resilient, what we often forget is that these changes require time and that they are difficult to go through alone. Luckily though, we are all going through the similar journeys together, and this means that we can always turn to one another for help. I want to stress this point because it's seemed like we've faced a mixture of one tablespoon of health insecurity, a quart of restriction, and three cups of isolation which has been the recipe for us to move into quite an uncomfortable situation. In spite of this, we still have each other and a pocket full of tricks that we can use to turn things around.

As with many, I'm sure that COVID restrictions have felt like they would never end, and it now appears quite odd that they are finally starting to ease up. We have been left to notice that we are now maladapted. The truth is that feeling this way is normal and that this is something that everyone is going through right now, whether young or old. We shouldn't feel bad about having anxiety or being a little frustrated because this has been a difficult time. Now that COVID worries are starting to change for the better, we are stepping back onto the path to normalcy but might just need a little bit of a nudge to get our shoes on.

So, what do I suggest? Well, I hope that you look at this time as an opportunity to not only recover your passions but to give new ones a try as well.

This is a moment to go out and experience some freedom again and work towards living the life that you consider to be best for you. It's a good opportunity to invite over new friends or catch up with old ones. Whether it be company for a meal, movie night, games, or something else, reaching out to friends will help to strengthen your relationships and will surely help others just as much as it will help you. Elsewise, this could be a good time to start volunteering, there are many organizations that would benefit from whatever you would like to offer; and it's in these places that you meet some of the most like-minded and supportive people. As weird as it may feel to admit, it's going to take some effort to get back into the rhythm of being social with others (and I'm not just talking about all of the time spent making meals in the kitchen). Feel this out for yourself and you will figure out how quickly you are comfortable with jumping back into the social convention. Just remember that we are so much stronger when we are together, so pushing yourself a little to make these connections again will definitely be worth it.

My goal in writing this is not to get you to attempt something unrealistic, but to take a moment to re-evaluate your own health so that you can take steps towards building healthy habits that you can maintain over time. With this being said, I'm sure that many of your physical routines have changed significantly over the past few years as well, whether it was that you transitioned to a different exercise cycle, changed eating habits, or did something else along those lines.

Take a moment to think about how your physical health patterns have also shifted, and if you notice something that you would like to change, try setting aside time every week so that these changes begin to settle into your habits. It may be to leave time for walks, geocaches or gardening, but it could also be to remember an appointment that you had missed over the past few months or years. If you do this activity and you find something that you would like to change, find a new approach and try to stick with it if it works. If not, I welcome you to talk to others about it, because like I had mentioned before... We are all walking together and want to see to it that everyone else is happy and healthy on their journeys as well.

With all this being said, I also challenge you to do three things every week that you would feel happy to talk to someone else about. These things don't need to be anything listed above

and don't have to be too major. While I hope that they are not all failures, they don't need to all be successes either. The key is taking pride in oneself, because once you try something healthy that is new and good, or get experience by repeating something that used to be new, but now is 'old hat', you will start to develop wellness habits that serve you far into the future. So, while you go about your business this week, if you use a skill that you picked up over the past few years, be proud of yourself and tell someone about it. If you feel like you are not in a place where you would like to be, that's good to recognize! You just set a goal for yourself, and it might soon be time to take another step forward. However comfortable you feel right now, just remember to keep taking these steps, keep setting aside time to maintain your wellness, and take pride in yourself!



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only selected entries can be featured in each issue.



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# Look at Your Financial Situation Holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

- ◆ Your views on helping your family – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their post-secondary education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.
- ◆ Your personal beliefs – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.
- ◆ Your purpose in life when you retire – When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your Registered Retirement Savings Plan (RRSP) and Tax Free Savings Account (TFSA).
- ◆ Your health – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous.
- ◆ It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

**For more information contact Mary Friesen - Financial Advisor at 519-578-4141 or [mary.friesen@edwardjones.com](mailto:mary.friesen@edwardjones.com)**

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## Spinach Strawberry Salad

NUMBER OF SERVINGS: 8

### Ingredients

- Spinach leaves, fresh, cleaned and stems removed 1 pkg 10 oz (300 g)
- Ontario strawberries, sliced 2 pt
- Sweet onions, diced ½ cup (75 mL)
- Feta cheese, diced or crumbled 1 pkg 4 oz (100 g)

### Directions

1. Toss spinach, strawberries, onion, and cheese in a large serving bowl.
2. Add dressing, tossing to coat.
3. Serve immediately.

### NUTRITION PER SERVING

Calories 102 | Protein 6 g | Fat 5 g | Carbohydrates 10 g | Fibre 4 g | Sodium 226 mg



A strawberry plant is not grown with a seed. The runners of a strawberry plant, or the shoots sent out by the plant develop new roots. The runners then cultivate new fruit-bearing plants.



## Salads

## Honey Salad Dressing

NUMBER OF SERVINGS: 8

### Ingredients

- 100% Ontario honey ¼ cup (60 mL)
- Oil ¼ cup (60 mL)
- White vinegar ¼ cup (60 mL)
- Poppy or Sesame seed (optional) ¼ cup (30 mL)
- Paprika ½ tsp (2.5 mL)
- Dried minced onion ½ tsp (2.5 mL)
- Worcestershire sauce ½ tsp (2.5 mL)
- Dry mustard powder ¼ tsp (1.25 mL)

### Directions

1. Mix all ingredients together. Stir well to be sure the honey is mixed thoroughly. Shake well before using. Keep unused portions in the refrigerator.

### NUTRITION PER SERVING

Calories 109 | Protein 0.5g | Fat 9g | Carbohydrates 10g | Fibre 0.3g | Sodium 4mg



Honey is sold by grade and colour. It comes in white, golden, amber and dark. The darker the colour, the stronger the flavour.



Honey has antibacterial properties and is being studied for its potential to support the healing process.

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