

FREE!

# EMBRACING CHANGE

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

VOL 2 ISSUE 7 MARCH 2020

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



Feature Business of the Month

**ST. JACOBS**  
DENTAL *care*

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

# Aging Well In Woolwich

## Information & Active Living Fair



### Special Guest Speaker



The Honourable  
Minister Cho,  
Minister for Seniors and  
Accessibility

**Wednesday March 11, 2020**

**9 am - 1:30 pm**

Calvary United Church  
(48 Hawkesville Rd, St. Jacobs)

**You must register for this  
event by March 9, 2020**

Please contact 519-664-1900  
1-855-664-1900 to RVSP

### Agenda

9– 9:15am	Opening Remarks
9:15– 10:30am	Speaker: Minister Cho
10:30-10:45am	Coffee Break, Vendors, Door Prizes
10:45-11am	SMART Exercises
11am-12pm	Speaker: Waterloo Regional Police Service– Road Safety & Driving Standards
12– 12:30pm	Vendors/ Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:30pm	Door Prizes & Closing Remarks

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.



**Tara Bott (Held)**  
EDITOR/PUBLISHER

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

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**Rebecca Roessler**  
SOCIAL MEDIA SPECIALIST

## Welcome, Spring!

As I sit here writing this message for March, I am watching the snow falling lightly outside my office window. As much as I love how pretty the snow looks, I will be very happy to welcome warm, sunny spring days!

“Spring Forward – Fall Back”

This term is meant to trigger your memory to set your clocks 1 hour forward in the spring at the start of Daylight Savings Time, and 1 hour back in the fall when DST ends.



LETTER FROM THE EDITOR

### On The Cover

This photo was taken at the Wilmot Seniors Woodworking & Craft Shop in Baden. Pictured left to right are: Roy Godper, Bill Reardon, Rick Hook, Geraldine and John Sanderson, Bob Johnston, Patrick Seliske, Winston Burrill, John Gruhl, Phil Latimer, Karl Bergen

Cover story written by Ara Luckhart of New Hamburg on Page 8

### About the Photographer

Charles Okum/@mirror\_with\_a\_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.

A different way to remember which direction to set your clock for DST is that in the spring, you bring out (or forward) the garden furniture and in the fall you put it back.

In North America, it is common to use the word “fall” to denote the season, while other English-speaking countries usually call it autumn. “Spring Forward – Fall Back” is therefore a phrase most often heard in the USA and Canada. Remember to “Spring Forward” by moving your clocks ahead 1 hour on Sunday, March 8th!

In March we recognize Nutrition Month. Chris Spotswood has provided us some great information on nutrition and fitness to help us stay healthy! For those of you that love to travel, be sure to check out Part 2 of the “Medical Tourism” article by Gary White on page 18. We also have some great tips from Hemmerich Hearing on page 31.

#### Self-Care Tip #4

##### Eat Healthy

*Eating is one of the core components to self-care because it literally nurtures our bodies so we can continue to exist. We can't live very long without enough food or water. This leads me to a thought that has been on my mind lately: because eating is a form of self-care, what, when, and how much we eat can play a role in how we feel and show up to life. I know for many seniors, healthy eating may feel like a challenge. If you are struggling to prepare meals, contact Community Care Concepts to find out more about their Meals on Wheels program.*

Before I go, I want to sincerely thank our advertisers who continue to help us connect our readers to all of the wonderful resources we have within our community. We could not do this without you! Please join me in showing appreciation to these local businesses when you see them around town. They truly make our community a great place to live!

**In good health,**

*Tara*



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

# FLASHBACK PHOTO



## MAPLE SYRUP PHILIPSBURG

This photo was taken near Philipsburg c.1910. It features the Eidt family and friends putting in the hard work to make sweet delicious maple syrup. Even their dog took part by supervising.

Left to right: Della Eidt, unknown, Jack Eidt, William Eidt, unknown and standing at the end of saw is Herbert Eidt.

Photograph was donated to the Township of Wilmot Archives by Lloyd Eidt.

MESSAGE FROM GERIATRICIAN

# Dr. Nicole Didyk



Have you wondered why this publication is called “Embracing Change”? It’s a magazine for older adults – wouldn’t this title be better for a magazine targeting adolescents? Maybe kids? No way!

Older adults are often stereotyped as being very unchanging– moving through life at a slow pace, sticking to a boring routine, and not creating much excitement. As a Geriatrician, the older adults that I meet are often experiencing quite dramatic changes to their health, their living situation, their marriages and partnerships—older age can bring as many physical and emotional changes as puberty can. There are people who embrace change and others who do not adapt as well to disruptions to health and routine. We have a word for those who lack resilience in the face of change– FRAILITY.

Frailty is a state of increased vulnerability, with diminished strength, endurance, physical ability and cognition, and is often associated with unintentional weight loss. Those who are frail are more likely to have negative events, like falls, hospital stays, admissions to long-term care homes, even death. Older age is a risk factor for frailty, as is dementia, depression, social isolation, chronic pain, and a long list of other physical and social challenges.

When we think about an older person, a picture of somebody who is frail often comes to mind. But in fact most older adults in the community are not frail. A recent study assessed patients referred to a Canadian Geriatric clinic and found that most, 50-65%, were not frail. Bear in mind that these patients had some health issue that necessitated referral to a specialized Geriatric clinic, so the actual proportion of frail older adults in the community is likely to be even lower.

Anyone can become frail with a little bad luck, but there are characteristics of non-frail elders that can be enhanced by adopting healthy habits. These include:

- ▶ Regular exercise, at least 150 minutes per week
- ▶ Healthy eating habits (the Mediterranean or MIND diets are ones I recommend)
- ▶ Having an active schedule with lots of contact with friends and neighbours.

If you are reading “Embracing Change” chances are you are in the non-frail majority, looking for things to do to keep active and connected to your community. You are probably living through some of the changes that the second half of life can bring and welcoming those changes with hope and humour.

I’m so thankful that we have publications like this to promote wellness and fight frailty, and I’m excited to be a small part of it.

Keep reading and keep embracing change!

*BMC Geriatr. 2017; 17: 264. Measuring frailty in clinical practice: a comparison of physical frailty assessment methods in a geriatric out-patient clinic. J. M. Pritchard, et.al.*

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FEATURE BUSINESS OF THE MONTH:

# ST. JACOBS DENTAL *Care*

## What are dentures?

Dentures are natural-looking replacement teeth that are removable. There are two types of dentures: full and partial.

### Full dentures

Full dentures are given to patients when all the natural teeth have been removed. Conventional full dentures are placed after the gum tissue has healed, which can take several months. Immediate full dentures are placed immediately after the teeth have been removed and may require frequent adjustments during the first couple of months of use.

### Partial dentures

Partial dentures are attached to a metal frame that is connected to your natural teeth and are used to fill in where permanent teeth have been removed. Partial dentures are considered a removable alternative to bridges.



### Implant-supported denture

Implant-supported dentures are over-dentures fixed to the gums by implants. For patients with an uncomfortable or loose-fitting denture, stabilizing it with implants can be a more comfortable and functional solution. Implants are placed in the jaw, where they are anchored firmly in the surrounding bone. Attachments are placed in the underside of the denture that connect to the implants. When placed in the mouth, the denture snaps onto the implants, keeping it stable and secure.



### For More Information Contact:

St Jacobs Dental Care  
10 Parkside Dr.  
St Jacobs, ON  
519-664-2434  
Email: [info@stjacobsdentalcare.ca](mailto:info@stjacobsdentalcare.ca)

COVER STORY



# Our Caring, Creative Community

Written by Ara Luckart of New Hamburg

Have you heard of the Wilmot Seniors Woodworking & Craft Shop?

Located in a large building on Beck street in Baden, this volunteer board run club offers thousands of square feet of space designed for creative projects of all kinds to be made in a friendly, welcoming environment. Retired seniors aged 55+ from Wilmot and beyond are encouraged to join whether they have a lot, a little, or zero experience with wood or crafts; there is always someone around who can help you out on a project. “You don’t have to be a woodworker to join here. You become a woodworker after you join here!” explains John Gruhl, president of the shop. In this deceptively large building, there is a main woodshop, stocked with plenty of machines to cut, plane, spin, sand and craft

**“You don’t have to be a woodworker to join here. You become a woodworker after you join here!”**

whatever creative project you have in mind. There’s a large workbench room for drilling, assembling, and finishing projects, and an overlooking storage area for members to store projects on the go. In the metal working room there are even more machines for creative projects, and often someone who can offer a hand with things. Also, there are two classrooms; one offering space for woodcarvings, with hands on techniques being taught by member Harold Erb, while in the second classroom Geraldine Sanderson can show you how to create beautiful stained glass artwork. Makers and crafters of all kinds share this community space together.

The club has been running for over 30 years, and was founded by Leonard Bechtel, who pulled together a group of people who were interested in building and repairing things for the community in a shared space. The township agreed to help fund about a third of the cost of the original building, grants from the government helped pay for another third, and the final third was raised by the club members. “The township is very good to us. And I can’t say enough about the men who started this place.” shares John, “They were really hard working Mennonites. They ran this club right so that it’s here for us today.”

Since the club opened, there has been a large addition put onto the original building, making it quite an impressive space that upon entering gets your creative juices flowing! Members of the club pay a small fee per year, and can purchase lumber through the club. Shop duties are shared, and things are built in an

**“The township is very good to us. And I can’t say enough about the men who started this place.” shares John, “They were really hard working Mennonites. They ran this club right so that it’s here for us today.”**



environment of friendship and fun. With regular breaks for coffee and camaraderie, it really feels like walking into a room full of family members who genuinely enjoy their time together.

As well as personal projects created by members here, custom items can be created for anybody looking to have something made by local hands at a reasonable price. This club has an emphasis on community, not profit; often building and repairing things at cost for local churches, schools, child care centres, and other community based programs. Items built at the shop are available for

**It gives you something to do, you'll make new friends, and gain a feeling of accomplishment every time you build, repair or make something."**

purchase on location year round, with the biggest sales being made at the annual Christmas Craft & Bake Sale, which coincides with the Baden Santa Claus parade every year. (After which, I was told that Santa himself stops by the shop to meet children!) Some items made in the shop are also available at Herle's Country Farm Market in St. Agatha; where the late founder Mr. Herle Sr. was one of the original members of the club.

One notable community project that came out of the club was requested through then local parliament member Harold Albrecht, to commemorate 158 Canadian soldiers who died in Afghanistan. 158 flag stands were crafted by the members of the Wilmot Seniors Woodworking Club, each to hold an eight foot Canadian flag, and each holding a plaque that honoured one of the soldiers who gave their life for our country. The flags were then sold to local businesses in the community, and moneys given to the families of the fallen soldiers. One of such flags can be seen at the Plattsville arena, honouring Private Tyler William Todd, a local soldier who died in Afghanistan in April 2010.

Wilmot, Wellesley and Woolwich townships are bursting with recreational opportunities for seniors and young families alike. There

are various groups and clubs offering weekly, monthly, or drop in activities to prevent boredom, and stay active at any age. With such thriving seniors communities surrounding the area, and an ever growing population of retired professionals, the club has happily welcomed a number of new members in recent years. "Men and women are welcome to join the club, and no experience is necessary. It gives you something to do, you'll make new friends, and gain a feeling of accomplishment every time you build, repair or make something." explains John enthusiastically.

"I could sit all day in front of the TV, but why would I want to do that? This place keeps you happy and healthy!"

"This place builds and supports community." adds Patrick, one of the club members who popped into the room with a warm greeting.

In fact, every person in the building seemed to have a smile on their face and a pep in their step when I was toured through the facility and introduced to members. It was contagious! A club like this one demonstrates the value of community. This region is one that feels tight-knit like a supportive family with deep roots, and is built on the efforts put in from generations before us, as well as the many hands still working hard every day to offer a warm and welcoming environment for families to grow, age and thrive together.

"So, how soon can I join the club?" I ask John at the end of our interview.

**"This place builds and supports community."**

"Are you 55 and retired yet?" he answers with a smile. I have a few years yet. But I encourage anyone who is a candidate to check out this amazing space in our own backyard. Whether you are new to our community, or are a long time resident, you can find plenty in town to entertain your interests. The Wilmot Seniors' Woodworking and Craft Shop is just one of the many facilities in this beautiful community that make our home, home.

MARCH CROSSWORD

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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72						73						74		
75						76						77		

By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

- 1 Zilch
- 4 Defense
- 9 Italian herb
- 14 Single
- 15 Italian "dollars"
- 16 Negative battery terminal
- 17 Genius
- 18 Electronic mail
- 19 Man-made fiber
- 20 Triangular musical instruments with 46 strings
- 22 Goes in a door
- 24 Stale
- 25 Serving of corn
- 27 Doctoral degree
- 29 Honest
- 32 Come out
- 35 Make a mistake
- 36 Abundance
- 38 Merits
- 40 Gawk
- 42 Makes a sweater
- 44 Second letter of the greek alphabet
- 45 Melts together
- 47 Crawl
- 49 Gray sea eagle
- 50 Small person
- 52 Sticky
- 54 No
- 55 Telegraphic signal
- 56 Resort hotel
- 59 Lament
- 63 Thick soup
- 67 Stick food
- 69 Month
- 71 Regret
- 72 Habituate
- 73 Female given name
- 74 Internal Revenue Service
- 75 Allotted
- 76 Tart
- 77 Deep round container

DOWN

- 1 Man who built the arc
- 2 S.A. Indian
- 3 Stare
- 4 Drink made by fermenting malt
- 5 humorous poem that has five lines
- 6 Persia
- 7 Entice
- 8 Small island
- 9 Female spirit in Irish folklore
- 10 Some
- 11 Go at it alone
- 12 Movie star
- 13 Allow to borrow
- 21 Quill
- 23 Revolutions per minute
- 26 Advertisements
- 28 Dreary
- 29 Infant illness
- 30 Got up
- 31 Move the body in a rhythmic sequence
- 32 Organic compound
- 33 Color of emeralds
- 34 Doorway
- 35 Mischievous humanlike creature
- 37 Directory (abbr.)
- 39 \_\_ Francisco
- 41 Extremely sharp
- 43 Baby plant
- 46 Dabbed
- 48 Pressure unit
- 51 Sight organ
- 53 Possessive pronoun
- 56 Take off the surface
- 57 Sheet of glass
- 58 Adjoin
- 60 Blow gently
- 61 Capital of Western Samoa
- 62 Cast metal
- 64 Stumble
- 65 European monetary unit
- 66 Compass point
- 68 Lode yield
- 70 Repose

# Laughing Matters!

Little Johnny is always being teased by the other neighborhood boys for being stupid. Their favorite joke is to offer Johnny his choice between a nickel and a dime Little Johnny always takes the nickel.

One day, after Johnny takes the nickel, a neighbor takes him aside and says, "Johnny, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel's bigger?"

Johnny grins and says, "Well, if I took the dime, they'd stop doing it, and so far I've made \$20!"

Q: How can you tell if an Irishman is having a good time?



A: He's Dublin over with laughter!



A new supermarket opened near my house.

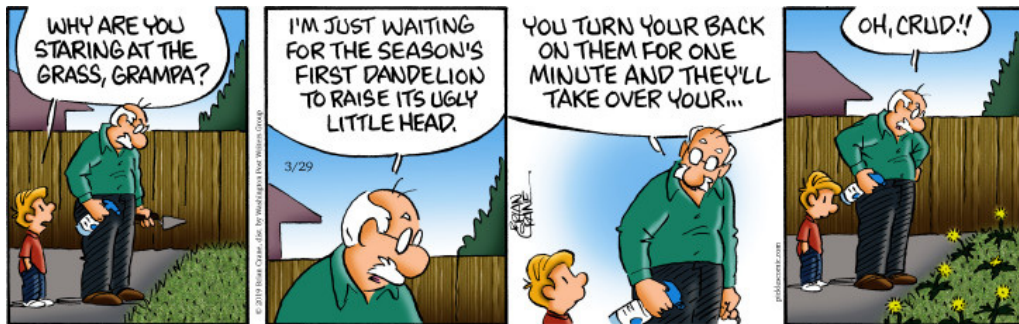
It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.

When you approach the eggs case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

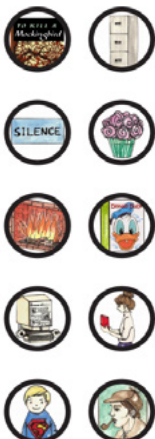
The veggie department features the smell of fresh buttered corn.

*I don't buy toilet paper there anymore.*



## FIND THE HIDDEN OBJECTS

Can you find all 10?





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After a long winter, March 19th is a day to celebrate the arrival of spring. It's a time when we look forward to the longer days, fresh growth in our gardens and crops and the increasingly warm weather. After been cooped up during the cold weather, here are a few suggestions that you may want to consider:

Join us at one of our free gentle exercise programs at many community locations across the Townships. With activities geared towards your unique needs, this is an ideal way to build strength and balance, minimize the risk of falls, gain renewed energy and meet new people. No registration or commitment for a period of time is required.

- ◆ Attend the many social and recreational opportunities offered at your local community centres. Whether it be playing cards or games, participating in activities or learning something new, these free opportunities in your community provide a great way to connect with others.
- ◆ Attend one of many community lunches. These events provide an opportunity to enjoy a hot nutritious meal, listen to music or information as well as socialize with others.
- ◆ Get outside and enjoy nature. Once the snow and ice start to disappear, it is a good opportunity to get out of the house, take a walk around the neighbourhood or enjoy one of our many trails. Getting outside in the fresh air is a great way to gain renewed energy after a long winter. If the weather doesn't cooperate, consider walking on an indoor track, visiting a local nursery or taking a scenic drive.

- ◆ Place a bird feeder outside of your window. As the weather starts to warm up, we welcome back the arrival of many colourful birds. Many enjoy watching the arrival of new guests at the feeder each day.
- ◆ Add some spring colour to your home. The addition of colour, whether it be adding colourful plants or spring images, can do wonders in creating positivity, hope and anticipation for the arrival of the nice weather.
- ◆ Create an indoor garden. While it may be too soon to plant outside, it is possible to bring the colour of nature into your home. Perhaps it is starting a herb garden or planting a few bulbs that will evolve into colour flowers. If you don't want the upkeep of plants, plastic flowers are a great way to create a sense of spring in your home without the upkeep.
- ◆ Get a jump on your spring cleaning. The arrival of spring is an ideal time to sort through the many items that may have accumulated over the winter. Take some time to sort through your keepsakes or photos to create a clutter-free home. Need help to tackle this project? Consider connecting with a Senior Support Worker who can visit with you and help with this task.

After a long cold, winter, take advantage of the many opportunities to welcome spring across our communities. The sights, smells, scenes and activities that come with the season, can bring a renewed sense of energy and optimism.

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For information on these ideas and other programs and services available, do not hesitate to contact Community Care Concepts at 519-664-1900 (Elmira), 519-662-9526 (New Hamburg) or 1-855-664-1900.

# WHAT'S HAPPENING

55+ ACTIVE ADULTS & SENIORS IN WILMOT TOWNSHIP

## **KNOTTING & QUILTING COMFORTERS**

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

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

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

**WHERE:** Steinmann Church

**CONTACT:** 519-634-8311

## **ST. AGATHA SENIORS**

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

**COST:** .50¢

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

**WHERE:** St. Agatha Community Centre

**CONTACT:** Bert Lichti at 519-634-8411

## **NEW DUNDEE SENIORS**

Come out and enjoy cards, games & shuffleboard

**WHEN:** Every other Tues, 1:00-4:00pm

\*Please contact Alice for exact dates

**WHERE:** New Dundee Community Center

**CONTACT:** Alice Bowman 518-696-2665

## **WILMOT SENIOR SHUFFLEBOARD**

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

**WHERE:** Wilmot Recreation Complex

**CONTACT:** Guy & Phylis Sisco 519-662-2077

## **WILMOT SENIORS WOODWORKING & CRAFT CLUB**

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

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

**WHERE:** 27 Beck St., Baden

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

**CONTACT:** Diana Gruhl at 519-634-5357

## **PICKLEBALL DROP-IN**

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

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

Wednesday, 6:30PM - 8:30PM

**WHERE:** St. Agatha Community Centre

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

## **NEW HAMBURG LANES BOWLING**

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

**WHERE:** 182 Union Street, New Hamburg

**CONTACT:** James Aoki 519-662-1938

**EMAIL:** james@newhamburglanes.ca

**WHEN:**

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

### RESTLESS SENIORS

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

**WHEN:** Wednesdays from 1:30 - 3:30PM  
**WHERE:** New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg  
**CONTACT:** George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821

### TECHNOW PROGRAM

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

**WHEN:** Every Thursday from 9:00-11:30 am from September - June  
**WHERE:** Wilmot Recreation Complex Active Living Centre  
**COST:** No Charge  
**CONTACT:** 519-634-9225 ext: 340 for more info

### NEW HAMBURG LEGION SENIORS GROUP

**WHEN:** Every Wednesday from 1:00-3:30 pm  
**WHERE:** New Hamburg Legion  
**COST:** \$5.00 per year to join this group  
**CONTACT:** Murray Snyder at 519-662-2959

### WILMOT SENIORS

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

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

**WHEN:** Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)  
**WHERE:** Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg  
**COST:** An offering is taken each meeting  
**CONTACT:** Church 519-634-8687

### THE ROOK PLAYERS

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

**WHEN:** Monday evenings 6:00-9:30 p.m. (Sept. 2019 - April 2020)  
**WHERE:** Wilmot Recreation Complex  
**COST:** No charge  
**CONTACT:** Cecil Wagler 519-662-2758

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

## Wellesley Township:

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

## Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobey's New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library

- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

## Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

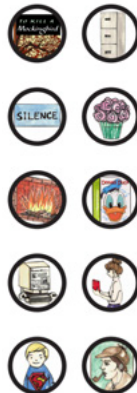
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## FIND THE HIDDEN OBJECTS

Can you find all 10?







# Ask the Doctor

with  
Dr. Nicole Didyk

“Can you explain why bones emit a cracking sound at times? This happens especially when I take my first steps in the morning or if I have been sitting for several hours. Is there anything I can do about this?”

It’s not uncommon to hear a popping, cracking, or creaking sound when we move a joint. Depending on the cause of the noise, it may or may not be something you should be concerned about.

- ▶ “Cracking” a joint (like knuckles or knees) makes a popping or cracking sound. It’s due to tendons slipping over joints, or the popping of air bubbles in the synovial fluid (which is the fluid between the two bones of the joint). It’s called “tribonucleation” and it’s harmless, and usually completely painless. This phenomenon can happen in any normal joint, from your jaw to your toes.
- ▶ “Crepitus” is the medical term for that grinding, creaking or crunching sound that happens when a joint is moved. Sometimes it’s also possible to feel a crackling or grinding sensation if you place your hand over the joint when it’s moving. This could signify bones or inflamed tendons rubbing against each other as in arthritis or injury and may also be painful.

The “cracking” described above (1.) can be more common as people get older, but it isn’t necessarily a sign that you are getting arthritis, especially if it isn’t causing any discomfort. Even though this can be normal, I don’t think there’s really anything that can be done to prevent it. In general, to keep our joints healthy, it’s important to do exercise to build strength, flexibility and balance, eat a balanced diet rich in vegetables and fruit, and maintain a healthy body weight. To learn more about aging, 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 your name or 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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# Medical Tourism: Buyer Beware

By Gary White

In the January issue we spoke about the growing interest in Medical Tourism these days and the motivation behind Canadians willing to travel outside of Canada for various medical and dental procedures. This month we would like to speak to these words of warning, “if it sounds too good to be true, it probably is”

One needs to be aware of the implications of receiving medical advice in other countries. For example:

- ▶ Some countries’ medical services may not test blood for blood-borne infections like HIV or hepatitis B. There can also be a risk of acquiring malaria from local blood banks in areas where malaria is present. Avoid injections of blood transfusions except in an emergency.
- ▶ Be aware that there are multi-drug resistant bacteria in hospitals and other health care facilities around the world.
- ▶ Vulnerable people may be coerced into donating their organs without their full consent. As a result, ‘transplant tourism’ and selling organs are illegal in many countries.

This may sound familiar as earlier last year the Public Health Agency of Canada warned that 30 Canadians may be at risk of a potentially deadly infection after having weight loss surgery at a clinic in Mexico. Some of the clinic’s patients contracted an antibiotic-resistant strain of bacteria. In addition, the agency is warning of the risk of hepatitis B, hepatitis C, and HIV. Complications back in the home country certainly lead to their share of more complications, like the needing to:

- ▶ Get remedial care: Whether treatment complications or completely botched treatments, is it the responsibility of our Canadian doctors to “make it better”? And if so, what about potential legal action against Canadian doctors if the issues become severe? Plus, is it the responsibility of our public health care system to cover the costs of “fixing”?
- ▶ Take legal action: Is it possible to take legal action for negligent care against a foreign doctor, dentist, hospital, or clinic? And if so, in addition to legal costs, what is the cost of time and stress involved in trying to work through the foreign country’s legal system?

All risks with no clear answers. And even when all goes well, will continuity of care back home be high quality? For example, Canadian doctors voice concerns about their ability to effectively provide follow-up care because of poor or non-existent documentation of treatments. Even if documentation exists, it’s not necessarily shared across borders. Canadian doctors are also concerned about the many ways that medical tourism can influence the doctor/patient relationship, like when patients go against doctor’s “orders” and pursue medical tourism. Some doctors are also concerned about potential malpractice risk to themselves.

The bottom line is this. Medical tourism is rolling the dice with your health. There’s often no way to predict from the outset if someone’s going to have a wholly positive or wholly negative experience. Once again, we give thanks to Green Shield Canada for their research work behind these articles.




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## How dementia can impact meal time habits and routines

Healthy eating is important for all of us. Sharing meal times with family and friends can provide structure to the day and increase the enjoyment of food. **In honour of Nutrition Month this March, we're sharing tips for meal time.**

The caregiver has a lot to consider making sure that the person with dementia eats a well-balanced diet and is properly hydrated, but also ensuring that meal times are an experience associated with pleasure and enjoyment. Our eating habits and routines develop over a lifetime. Understanding the eating habits of someone with dementia can help you understand changes in behaviour, such as refusing to eat. The following information may help you make meal times pleasant.

### Questions to ask about the setting

- Is there too much noise, too many people or other distractions?
- Is the table too cluttered?
- Is the lighting adequate?
- Does the person sense a need to rush? Are other people impatient?

### Questions to ask about the person

- Is her mouth free from sores? Does she have a dry mouth? Do dentures fit properly or are teeth worn down or missing?
- Is he on any medications that may cause loss of appetite?
- Does she have a condition (such as heart condition, diabetes, constipation or depression) that may lead to loss of appetite?
- Could he be feeling ill, from an infection?
- Can she visually distinguish food, plates, and other items on the table?
- Can he recognize food as something to eat?
- Does she know how to use table items, such as utensils and condiments or does she have physical difficulty using them?
- Is he agitated or restless?
- Is there confusion about meal times or whether a meal has been eaten?
- Is food less appealing because her sense of taste and smell has lessened?

For more tips and support, please call us at 519-742-1422.

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# Woolwich Seniors Association

A membership-based organization for older adults age 55+.



## SHUFFLEBOARD TRY SOMETHING NEW!

If you have been thinking of trying a new activity, now is the time to come out to Shuffleboard at the Woolwich Seniors Association. Shuffleboard is offered at 9:30am and 10:30am every Tuesday.

While the exercise is a benefit of coming out each week, when you ask the Shuffleboard players, it seems that laughter and fun are the main attractions!

Marilyn Hartwick, a long time member of the Woolwich Seniors Association says that for her it is the social part that keeps her coming back. "We laugh and carry on with each other and each week we go to McDonald's after and the fun carries on there."

Many have been playing Shuffleboard for over fifteen years where it was originally started at the old Elmira Arena. Now ten years at the current location in the Woolwich Memorial Centre, Hilda Cassel says that she has continued with it for so many years because she enjoys it. "It's a great way to spend a Tuesday morning."

Marie Snelling, also has played over the years and says it's not just about the Shuffleboard. She says, "I love getting together with everyone. It's a real social gathering." Marlene Schnarr agrees. "It's a lot of giggles. It's entertaining!"

Aside from the social benefits, Shuffleboard is a low-impact sport that helps seniors to stay physically active while improving strength and mobility. It is a drop-in activity at the WSA. The cost is \$1.00 for members, each time you play. If you are new to the game, it is a great place to start. Try something new this spring and come out to Shuffleboard!

**FITNESS & FUN**  
**Shuffleboard**  
**Tuesdays**  
**9:30am & 10:30am**  
**Woolwich Seniors Association**

## UPCOMING EVENTS

### TECH CLINIC

**Thursday, April 9<sup>th</sup>, 2020**  
**9:30 am – 11:30 am**

Free, one-on-one, half hour sessions offered at the Woolwich Seniors Association room in partnership with the Region of Waterloo Library. Bring your own phone, laptop, e-reader, or tablet. Ipad, chrome book and computers are available in the senior's room.

### DIAL IT DOWN 2

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**Woolwich Seniors Association**

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or email at: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

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

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# Don't Senior's Moment Me!

Jill Simpson is a senior's fitness and positive-aging specialist. She is the developer of The Great Brain Workout-Fitness for Your Aging Brain. Her classes run at the Woolwich Seniors' Association on Fridays and throughout Kitchener-Waterloo. Her Rethinking Aging Workshop will be offered free of charge at The Woolwich Community Health Centre April 15th 6:30 pm. Tickets available from eventbrite.ca or at the door.

Shortly after my 64th birthday, I received an official-looking Government of Canada envelope containing a letter informing me that it was time to register for my 'Old Age' Security Pension.

## **You've got to be kidding! You're telling me that at 65, I'm suddenly going to be old?**

For many, that letter comes as a shock, and it turns out that innocuous letter might not be so innocuous after all. In the U.S. you can take an optional early Social Security Pension at age 62. According to a recent study of American males by Maria Fitzpatrick of Cornell University and Timothy Moore of the University of Melbourne, that notification of eligibility can create a cascade of negative effects on cognitive and physical wellbeing. Seeking an explanation for the sudden 2% spike in male mortality rates at age 62, the study showed "an 'immediate, negative' short-term impact on mortality among U.S. residents the month they turn 62, the age when individuals in the U.S. can apply for early Social Security."<sup>1</sup>

However, only 10% of males in the study retired at 62 with the majority of deaths being amongst them. That means a shocking 20% who took early retirement at 62 died within the year. The mere anticipation of that letter's arrival was enough to negatively impact their health trajectory.

## **Apparently, many saw retirement as the beginning of the end and according fulfilled their own expectations.**

That letter is but a single example of how our culture contrives to reinforce the negative stereotype of seniors making them feel not only superfluous but downright burdensome. Advertising, usually geared to the young and beautiful, has found a new lucrative market in the aging population. Incessantly told how we are going downhill, we become easy targets for

corporate marketing that sells us 'comfort for our decline,' be it pharmaceuticals, walk-in bathtubs, retirement homes, or Viagra®. Corporations make a lot of money off of our fears of aging. Allowing those negative myths to permeate our psyche makes us a demographic ripe for commercial exploitation.

Like nails on a blackboard the self-deprecating term, senior's moment, is widely used as an apology for having dared to live so long as to forget something. Distracted grandkids probably forget way more. They're definitely not apologizing, so why are we? I propose a radical redefinition of the term senior's moment, one that honours our wealth of experience and implies its future application. How about?

## **Senior's Moment: A sudden insight based on a lifetime of accumulated wisdom**

You and I are the keepers of vast amounts of experience, knowledge and wisdom, but our gifts are being dismissed and going to waste. Beaten down by Western culture's negative spin on growing old, we have quit believing in ourselves and our value. We give up; we give in; and all too easily we find ourselves killing time, filling our days with empty activities.

So, ditch the negative aging myths! Stand up and fight to maintain your self-worth, your value and your dignity.

## **Let's start by refusing to buy into the media and marketing stereotypes.**

And while we're at it, let's lobby the federal government to change the name, Old Age Security Pension, to something with a positive spin, something implying a milestone in life's great journey, not a gravestone at the end.

1. Fitzpatrick, M. D., & Moore, T. J. (2018). The mortality effects of retirement: Evidence from Social Security eligibility at age 62. *Journal of Public Economics*, 157, 121-137.

# Now

---

and

# Forever

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**“Bows and flows of angel hair and ice  
cream castles in the air  
And feather canyons everywhere, I’ve  
looked at clouds that way”**

*– Both Sides Now by Joni Mitchell*

I wonder if you would join me in a little experiment. No matter where you’re reading this-- at home, in a coffee shop, wherever. Simply close your eyes for ten seconds and then slowly re-open them again.

Now look around at your surroundings and imagine yourself simply not being there. What would be left?

If you’re lucky, what you’d be feeling is a perspective that many don’t often stop to consider: whether here or not, life will go on with or without you – always has, always will. As an old friend was fond of saying, “What will it matter, 50 years from now”?

**“It’s cloud illusions I recall / I really don’t  
know clouds at all.”**

Some years ago, I was back in my childhood home cleaning up my dad’s estate, and was struck by the feeling that, with him gone, the old house seemed to be no more than a few sticks of desperately lonely furniture.

Up in the attic, I found some childhood toys and school books of mine and although I was obviously important to him, he never showed it.

**“Tears and fears and feeling proud / To say  
“I love you” right out loud.”**

It was like I still lived there, so whose house was this, anyway?

**“Dreams and schemes and circus crowds /  
I’ve looked at life that way.”**

Another time, we were viewing some old family videos of our three children as youngsters. There they all were, racing around the house full of laughter, while playing with a litter of new-born pups. What excitement! What joy! What chaos! It filled me with pleasure, but when I turned the VCR off they were all gone... along with that magical feeling.

I mean, we’ve lived in this old farm house for thirty years, but what of the families before us? Did they walk these same floors? Of course they did. So, whose house is this, anyway?

**“It’s life’s illusions I recall / I really don’t  
know life at all.”**

Recently I was one of many locals who attended an ‘open house’ – courtesy of a new couple to the area. They recently bought and, with great care, renovated the old village church.

Many memories were shared among former parishioners, of when our collective families attended services and community-based events over the past decades. Also joining in the fun was a retired minister representing a rich heritage of pastoring the ‘flock’. And as the laughter and joyous commotion rose to the rafters, I found myself wondering again: whose house is this anyway?

Canadian educator Marshall McLuhan famously predicted our interconnected world as a “global village”... like a house with many rooms. Yet no matter where we live, home really resides in our heart.

Fifty years, or fifty minutes from now, how would you like to be remembered?

Would you be a loving parent or loyal friend; a decent person who contributed to society; or someone who made a contribution that also benefited the whole world? If someone is better off because you lived, then yours is a legacy that will be missed ... now and forever.

**“So many things I would have done / But clouds got in the way”.**

I think we pay back for the love we received by showing others that we care. As Gandhi noted, “Where there is love, there is life”. Not that I’m any expert; through salty tears I have seen love, fear, loss... and love again.

**“It’s love’s illusions I recall / I really don’t know love at all.”**

*(dedicated to George & Maree)*



**‘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](http://www.fredparry.ca)

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## Social and Recreational Activities for Seniors

Drop-in & enjoy exercise, guest speakers, cards, games, crafts, music & much more.  
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<b>Breslau Community Centre</b> Thursday 1 to 4 pm	<b>Hawkesville Community Centre</b> Tuesday & Thursday 9 am to noon
<b>Heidelberg Community Centre</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Friday (call for times)	<b>Linwood Community Centre</b> Monday & Wednesday 1 to 4 pm
<b>St Clements Community Centre</b> Monday & Wednesday 9 am to noon	<b>Wellesley Community Centre</b> Tuesday & Thursday 1 to 4 pm
<b>Wilmot Recreation Complex (Active Living Centre)</b> Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon	

**For More Information: 519-664-1900 or 1-855-664-1900**

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<p><b>Wilmot Township</b> Wilmot Recreation Complex Mon, Wed &amp; Fri 8:45-9:30 &amp; 9:45-10:30 Active Living Centre</p> <p><b>New Dundee Community Centre</b> Mon &amp; Wed 1:00-2:00 1028 Queen St, New Dundee</p> <p><b>Woolwich Township</b> The Meadows Tues &amp; Thurs 9:30-10:30 29 Water St. S, St. Jacobs</p> <p><b>Duke St. Apartments</b> Mon 2:30-3:30 28 Duke St, Elmira</p> <p><b>St. James Lutheran Church</b> Tues &amp; Thurs 3:30-4:30 60 Arthur St. South, Elmira</p> <p><b>Valley View</b> Mon &amp; Thurs 4:00-5:00 1070 Printery Road, St. Jacobs</p>	<p><b>Wellesley Township</b> Wallenstein Bible Chapel Tues &amp; Thurs 9:30-10:30 4522 Herrgott Rd, Wallenstein</p> <p><b>Pond View</b> Tues &amp; Fri 10:30-11:30 1 Pondview Dr, Wellesley Club Room</p> <p><b>Hawkesville Community Centre</b> Tues &amp; Thurs 9:00-10:00 3521 Broadway St., Wallenstein</p> <p><b>Linwood Community Centre</b> Mon &amp; Wed 2:00-3:00 5279 Ament Line, Linwood</p> <p><b>St Clements Community Centre</b> Mon &amp; Wed 9:00-10:00 1 Green St., St. Clements</p>
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**COMMUNITY CARE CONCEPTS**  
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## Another Quick Tip from Heart of the Matter Professional Organizing

How does your bedroom closet look?

Time to evaluate your closet space. Look at it with a fresh eye! Ask yourself some questions:

- Could I add/remove shelves to make everything more accessible?
- Should I raise or lower any bars? Add another bar? A bar for dresses on one side and a double bar for shirts and pants on the other side?
- Is there any room to add hooks? Set yourself up for success. Use hooks for those clothes that don't belong in the hamper because they aren't dirty but also don't belong in your drawer because they aren't clean, like your work uniform, your pajamas, or your comfy pants
- Do I have effective lighting?
- Do I have TOO many empty hangers taking up valuable space?
- Do I need some specialty hangers for skirts or slacks?
- Could I store my out of season clothes elsewhere?

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Donna Schmidt and Rhonda Erb joined together to start **Heart of the Matter Professional Organizing & Senior's Move** in 2004.

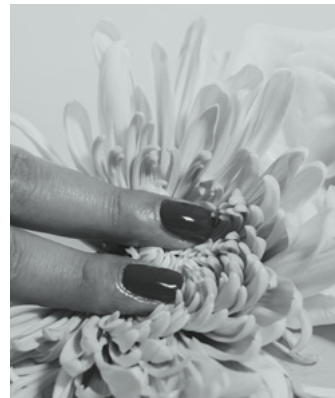
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# Power of Attorney Compensation

Is my substitute decision maker entitled to compensation for managing my property and making health care decision on my behalf? If so, how much?

You can specify in the document whether you want compensation to be available, and a valid choice is that nobody gets compensation. But if you leave it silent or blank, attorney compensation is determined as follows:

## Attorney for Property

A financial power of attorney is generally entitled to the fee schedule set out in the Substitute Decisions Act, which allows compensation of 3% of money coming in, 3% on money going out, plus 0.6% per year on the value of the property which is managed or invested as a care and management fee.

However, this fee schedule may not be appropriate in every case. The attorney must ultimately prove that the compensation claimed is fair and reasonable, having regard to the

size of the estate, the care and responsibility involved, the time occupied, the skill displayed, and the success of the administration.

## Attorney for Personal Care

Unlike powers of attorney for property, there is no default entitlement to compensation for attorneys for personal care. But there is also no rule saying compensation is not available. There is some case law indicating healthcare decision makers are able to claim compensation for significant time and effort in performing their duties. But most often, there will be no compensation available for this person unless you choose to allocate some.

Ultimately, we recommend discussing attorney compensation with a trusted legal advisor to ensure your powers of attorney reflect your wishes.

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Carly Annis is an articling student at Giesbrecht, Griffin, Funk & Irvine LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.



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– Ron Schlegel, founder of Schlegel Villages



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519-574-6428



Ad submissions are due the 10th of every month

# Overcoming technological hurdles regardless of age

Technology can be both fantastic and frustrating. And these days, more and more adult children like to “gift” their parents the latest technological devices in an effort to stay in touch and be more connected. Region of Waterloo Library (RWL) staff commonly hear, “I was given this new device but I have no clue where to go from here.” In similar fashion, “Geraldine” came to the library seeking help with her device; this is her story.

Geraldine, an active senior and a frequent traveller, was eager to read eBooks on her newly-gifted tablet. While determined and willing to learn, she wasn’t confident as to where to begin. Geraldine’s family was busy and not able to spend time with her to teach her the basics.

Geraldine turned to RWL’s 1:1 Technology Coaching program for assistance. She made several, FREE one-on-one appointments with RWL’s Coordinator of Computer Training. Together they identified the skills she needed to navigate her tablet. They explored all the library’s electronic resources including eBooks, eMagazines and music. Over the course of her sessions, Mary



was able to master the skills required to access eBooks using the App (or application) called Libby and listen to free music courtesy of Freegal.

Learning a new skill is often more than the skill itself; it’s about the relationships we make along the way. RWL has dedicated, friendly and non-intimidating staff to address this very need and is pleased to offer personalized, FREE one-on-one technology coaching.

Get more information about personalized technology coaching sessions in your community at your local Library Branch. Visit the Events Calendar at Programs and Events at our website: [www.rwlibrary.ca](http://www.rwlibrary.ca).





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## Send us your jokes!

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

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

## ALZHEIMER SOCIETY

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



- \*Change clocks on kitchen appliances and other devices
- \*Replace the batteries in your smoke and carbon monoxide detectors
- \*Change the direction of ceiling fans to counterclockwise to keep room cooler



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Sign up to receive the online version of Embracing Change Community Resource Guide!

Check us out at:  
**embracingchange.ca**

## Nutrition & Fitness

written by Chris Spotswoods

Nutrition and fitness are best friends when it comes to a healthy lifestyle. My tips after 30 years in the fitness business are basic. It really is all about balance and saying no to sugar! Yikes, so maybe saying no to sugar more than you say yes.

Eat close to the ground, this means eating foods that are as close to their natural state as possible.

Each meal should be a balance of the three macro nutrients; protein, carbohydrates and healthy fats. High fiber grains, vegetables, low glycemic fruits, nuts and beans are important for healthy eating patterns. Eliminate processed food and refined sugars, they are the real bad guys! Watch portion size and snack foods, especially in front of screens. Mindless snacking is a sneaky way to sabotage all your good efforts.

Figure out what works for you, what keeps your mood and energy high, what is sustainable long term so there is no need for yo-yo or fad dieting. There may occasionally be times that you need to pull in the reins a bit after holidays or stressful times and that's ok too!

Maintaining a healthy weight benefits both physical and mental health but know the difference between weight loss and overall health. A healthy, sustainable eating plan combined with regular exercise will keep your body happy and healthy!

Chris Spotswood is a Fitness Professional and Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017. Her mission is to cut through the bunk in the health and fitness industry, to make fitness fun and inspire "boomers" to find sustainable solutions for lasting health, independence and happiness. Reach her at [chrisspotswoodcs@gmail.com](mailto:chrisspotswoodcs@gmail.com) or at 519-590-9066

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# Noise at Work and at Home

Provided by Hemmerich Hearing Center

We rarely think about it, but daily exposure to excessive noise is the primary cause of many cases of hearing loss in the working population. The degree of loss will depend on the level of noise and duration of exposure.

If you are surrounded by noise-whether it's construction, engineering, teaching or dentistry-you can reduce the risks by using

earplugs or other hearing protection devices.

If your ears are not getting bombarded at work they might well be under pressure at home. Be aware that lawn care equipment, power tools and even the repeat "crack" of a simple hammer can put your hearing at risk.

In both cases measures should be taken to reduce the risk of hearing loss.

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## HEALTH & WELLNESS

### Baden Integrative Health

36 Snyder's Rd E, Unit 1  
Baden, ON 519-279-1083

### Breslau Pharmacy Wellness Centre

519-213-4444

### Elmira Denture Clinic

15 Memorial Ave., Elmira  
519-669-1535

### 2fixfeet - Foot Care Nursing

Adaora Momene, RPN  
519-722-2045

### Hemmerich Hearing Center

10 Waterloo St., NH  
519-662-6884

### Martin's Guardian Pharmacy

10 Parkside Drive  
St. Jacobs ON N0B 2N0  
519-664-3785

### Pharmasave

Town Square Pharmacy  
519-662-9995

Baden Village Pharmacy  
519-214-4000

Breslau Commons Pharmacy  
226-243-5200

### Soles Journey Reflexology

147 Arnold St, NH | 519-505-1616

### Wellesley Township Community Health Centre

1180 Queens Bush Rd  
519-656-9025

### Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs  
519-664-3794

## HOME MAINTENANCE, REPAIRS, RENOS & SUPPLIES

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### Richmond Heating & AC

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## HOME SUPPORT SERVICES

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### Gary White Insurance

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(800) 433-5307

### Imagine Travel

Karen Weber | 519-662-3150

### KR Abbott Tax & Accounting Solutions

205 Peel St. NH | 519-662-1857

### Leave it to Kliever

Christine Kliever | 519-502-0863  
Helping Connect Seniors to Services

### Mary Friesen - Edward Jones

Financial Advisor | 519-578-4141

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Angela Baas

Royal LePAGE | 519-277-0305

### Jim & Tricia Miller

Remax Twin City Realty  
New Hamburg | 519-590-5995

## RETAIL

### MCC Thrift Centre

41 Heritage Dr, New Hamburg  
519-662-2867

### Tracy Brenner | Tupperware

Independent Tupperware Consultant  
St Clements, ON | 519-699-9340

## SENIOR CARE FACILITIES & ORGANIZATIONS

### St. Jacobs Place

#### Retirement Residence

10 Water St., St Jacobs  
519-664-6637

### The Village at University Gates

250 Laurelwood Dr, Waterloo  
519-904-0650 ext 8044

### The Village of Winston Park

695 Block Line Rd, Kitchener  
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](mailto:embracingchangeinfo@gmail.com) so our readers can be reminded of your services and support local.





# Community Dining For Seniors

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

## WILMOT TOWNSHIP

Zion United Church, 215 Peel St., New Hamburg - 1st Wed. of each month

Wilmot Rec Centre, 1291 Nafziger Rd., New Hamburg - 4th Thurs. of each month

## WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament Line, Linwood  
4th Wednesday of each month

Wellesley Community Centre, 1000 Maple Leaf St., Wellesley  
3rd Wednesday of each month.

## WOOLWICH TOWNSHIP

Calvary United Church, 48 Hawkesville Rd St. Jacobs - 2nd Wed. of each month

Woolwich Memorial Centre, 24 Snyder Ave S Elmira - 4th Mon. of each month

Breslau Community Centre, 100 Andover Dr Breslau - 2nd Thurs. of each month

**Doors open at 11:30**

**Lunch is served at 12:00**

**Registration Required 2 Days Prior To Event**  
**Regular schedule may change due to holidays or weather**

**For Information or to Register Please Call**  
519-664-1900 or Toll Free 1-855-664-1900



Ailsa Craig, a small town twenty miles west of London Ontario was home to Ronald Schlegel from the age of five through to marriage. This town inspired his vision of building senior communities as a Village.

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# EMERGENCY CONTACT NUMBERS

**Emergency  
(Fire/Medical/Police)**  
911

**Waterloo Regional Police  
Non Emergency**  
519-570-9777

**Crime Stoppers**  
1-800-222-8477

**Ontario Poison Centre**  
1-800-268-9017

**Ontario Problem  
Gambling Helpline**  
1-888-230-3505

**TeleHealth**  
1-866-797-0000  
TTY: 1-866-797-0007

**Waterloo Wellington LHIN**  
519-310-2222

**Community Care Concepts**  
519-664-1900

**Retirement Homes  
Regulatory Authority**  
1-855-275-7472

**Elder Abuse Response Team**  
519-579-4607

**Interfaith Community Counselling**  
519-662-3092

**Hospice of Waterloo Region**  
519-743-4114

**Alzheimer Society of  
Waterloo Wellington**  
519-742-1422

**Township of Wilmot**  
519-634-8444

**Township of Wellesley**  
519-699-4611

**Township of Woolwich**  
519-699-1647

**Region of Waterloo Public Health**  
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## Contact

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Tuesday: 8:00 a.m. - 5:00 p.m.  
Wednesday: 8:00 a.m. - 5:00 p.m..  
Thursday: 9:00 a.m. - 6:00 p.m.  
Friday: 8:00 a.m. - 12:00 p.m.  
Saturday: Closed  
Sunday: Closed

10 Parkside Dr, St Jacobs  
ON N0B 2N0

Tel: (519) 664-2434

Fax: (519) 664-2434

Email: [info@stjacobsdentalcare.ca](mailto:info@stjacobsdentalcare.ca)