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# EMBRACING CHANGE

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

ISSUE 9 MAY 2019

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



Feature Business of the Month

**Alison Willsey**  
BROKER

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



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### On The Cover


Great Grandma Alice, Mary, Megan Alice and Maeve Mary, four generations of the Wagler-Hartman women. Maeve is the 30th great grandchild of 32. The four generations of Wagler-Hartman women were born and currently live in Wilmot township.


### About the Photographer

Devon Peters is based in New Hamburg and specializes in outdoor Family Photography and Newborn Portraiture in her home studio. She and her young family have lived in New Hamburg for only 1.5 years but have fallen in love with the community and all it has to offer. [devonpetersphoto@gmail.com](mailto:devonpetersphoto@gmail.com)  
[devonpetersphotography.com](http://devonpetersphotography.com)

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LETTER FROM THE EDITOR

### Ahh... the spring weather is finally upon us, breathing new life into our days!

The trees and plants are beginning to bloom, and the birds are back singing their songs. I just love this time of year because you can literally feel a revitalized energy when you step outside. As we open our windows to let the fresh air into our homes, we can begin to open our hearts to the special days ahead this month.

On May 12 we will celebrate our Mothers - appreciating motherhood and maternal bonds with cards, flowers, and gifts. But the truth is, the present we give can never truly capture how deep our gratitude runs for their sacrifice, hard work and unconditional love throughout the years. If you are like me, you will be missing your mom this Mother's Day, and we know it's a sadness that you can't fully understand unless you've personally experienced it. And it isn't a heartache that dissipates in time. But what I love about Mother's Day is that it's not just a day to celebrate your own mother. It is also a day for honouring all of the women in your life who love and support you. So be sure to find your own unique way of thanking all of the wonderful women that touch your life, and make it a little brighter.

May 12 is also International Nurses Day and May 19 is Personal Support Worker (PSW) Day! We know providing assistance on the front-line of the health care system is not an easy task. Without these giving souls, people wouldn't receive the attention they need to heal and get well. I'd like to challenge everyone this month to think about the importance of these demanding roles, and how you will personally give thanks towards these incredible helping hands.

In this issue we have some great information provided by Retire-At-Home outlining the Home Care Costs and Comparisons in Waterloo Region. This article can be found on pages 28-29. You will also find an interesting article on the importance of Hydration and UTI's, which was written by Christine Gingerich of OptimalYOU on page 24.

I hope your spring fever renews your love and joy for life!

*Tara*

FLASHBACK PHOTO

# The West Montrose Covered Bridge

Photo by  
Region of Waterloo Archives

Article by  
Hans Pottkamper,  
Woolwich Heritage Committee

Why is there an old (1881) wooden bridge in West Montrose, population 256, of all places?

As this area was being settled from the 1820's onward, trails gradually developed to link communities established around water power. Elmira had a creek that was utilized early on. So did West Montrose, which had not only the Grand River, but two creeks. Winterbourne, New Germany (Maryhill) and most other settlements were similarly sited.

To link some of these communities by rough roads with horse (or oxen) drawn wagons, as well as providing means of the farms being developed to access markets and services, the topography of the landscape had to be considered. The Grand River posed a major obstacle, as did the fairly steep bluffs on the south side.

However, there is a gap in the bluffs at West Montrose, due to those two creeks. In order then to link Elmira, Winterbourne, New Germany, Ariss, Guelph and other communities to the east, a trail gradually developed with the river being initially forded at West Montrose. The trouble with river fords, unless they are on solid bed rock, is that they tend to erode and become deeper, making passage ever more difficult, especially during higher than normal water flows in spring and fall.

**The solution – build a bridge!**

But, limited finances meant that bridges of the day were built of wood, much cut locally, and these bridges were subject to the elements and rotting. Life spans were in the 20 to 30 year range. We understand that there was a bridge at West Montrose as early as 1852. However, by the late 1870's there seems to have been the need for a replacement. So the Township eventually called for tenders for a covered bridge. It's not clear whether the presence of a saw mill near the bridge location was a factor in pricing or not.

**Why a covered bridge?**

By enclosing the bridge with a roof and side walls, thus sheltering the lower structure from the elements, the Bridge had a life expectancy of 80 years or more, depending on maintenance. Obviously, it worked. 138 years later the bridge still stands, is used, and draws visitors from all over. The saw mill and the woolen mill are long gone, as first steam power and then the internal combustion engine replaced the need to harness local streams for power, but the bridge is still there as reminder of early days and the ingenuity required of the settlers.



MESSAGE FROM

# Cathy Harrington

EXECUTIVE DIRECTOR, COMMUNITY CARE CONCEPTS



I am so pleased to be a part of this issue of Embracing Change, especially given that it is the May issue, and provides an opportunity to celebrate special people in our lives and communities! Mother's Day is celebrated each year on the second Sunday of May.. While the custom of setting aside a day to honor mothers is part of ancient cultures, Mother's Day as a celebration can be traced back as early as 1908, when a devoted daughter, Anna M. Jarvis, decided that it was time to have an annual celebration across the nation to celebrate mothers. Anna held a memorial at St. Andrew's Methodist Church in Grafton, West Virginia to celebrate her mother. The day quickly caught on with many unofficial celebrations until on May 8, 1914, U.S. President Woodrow Wilson signed a proclamation which designated the second Sunday in May as Mothers' Day. His idea caught the attention of Canada, and many other nations around the world that quickly followed suit. The rest is history.

Mother's Day provides an opportunity to celebrate mothers and other important figures in our lives - the women who raised us, the women who sacrificed for their children and families and the women who have made many contributions to our local communities. In my role as Executive Director of Community Care Concepts, a local non-profit which supports seniors to live independently in their own homes, I have the opportunity and privilege to work daily with many exceptional mothers across our communities. Many are boomers or seniors who are caring for aging parents. Others are aging and now needing to rely on caregiving support from their adult children. Others are raising young children themselves, while being part of the "sandwich generation," also caring for aging parents. Others are volunteers raised within generations of families where it is instilled upon them to give back to others in our community. Others are exceptional staff and community partners who are raising families while pursuing their careers. All share incredible strength and resilience, and above all else serve as an inspiration to others. Our communities are so much better because of the many contributions that these incredible women make.

Mother's Day also provides an opportunity for me to

personally reflect on the women in my life. While I no longer have the opportunity to personally celebrate with my own mother or grandmothers, I continue to be thankful and reflect on how these strong and resilient women have helped to shape me and my role as both a mother to three boys and someone committed to service to my community. I am thankful for the values of hard work, showing kindness and compassion to others, sharing resources with others in need, honesty, and commitment to community and family, which I witnessed in them; which they instilled in me; and, in turn, I attempt to honour them through instilling these values in my own children.

On the second Sunday of May, I hope that you will also take the opportunity to reflect on and honour those special women in your life, past and present. Happy Mother's Day to the mothers and other important women in our lives across our communities! We are truly blessed by all that you have done and continue to do for those around you!

I also wanted to take this opportunity to recognize other roles in our community that we are celebrating. National Nurses Week as well as Personal Support Worker Day are celebrated during the month of May. Both roles are a key piece in providing quality, compassionate care to so many both within our community and within our healthcare facilities. They play a critical role that often goes unrecognized in our healthcare system.

On behalf of the staff at Community Care Concepts and the individuals we serve, thank you!

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FEATURE BUSINESS OF THE MONTH: ALISON WILLSEY, BROKER

# The Importance of Home Maintenance

## Including a Checklist for Spring

With rising temperatures and longer days many people are getting anxious to get outside and start enjoying outdoor activities and entertaining in their outdoor living spaces. It is also the time that we all start to think about all the exterior and interior maintenance and preventative items that need to be completed before we can truly relax and enjoy!!

Whether you are preparing your home to SELL in the upcoming months or just want to take care of your home and have pride in ownership then working your way through the following INTERIOR AND EXTERIOR MAINTENANCE CHECKLISTS can give you an idea of how to achieve this and it may also include a couple of items that you may not have done in the past nor thought to do. Most of the items are low cost and affordable and may help you PREVENT future problems before they have a chance to start:

### EXTERIOR

- Reseal driveways
- Weed and mulch flowerbeds and gardens
- Trim shrubs, trees and bushes back
- Plant bright flowers and plants
- Clean exterior of windows and check and ensure the caulking is still in place to prevent water penetration
- Paint any faded or peeling paint, if applicable
- Wash siding, if applicable
- Clean and inspect gutters and downspouts to ensure free of debris and that all attachments are on and directing water away from the house/structures
- Inspect the roof
- Inspect the chimney and or clean depending on what is venting from it (if furnace/hot water heater/fireplace)
- Test sump pumps to ensure operational, the exterior piping is connected and water is running away from the home
- Inspect grading around the house to ensure water is running away from the house and not against it or pooling near foundation/patios/deck piers/footings/shop foundations
- Inspect the exterior/interior foundation walls for cracks
- Inspect the exterior of the home for openings in brick/siding/soffits/fascia/chimneys/windows that could make easier for pests (animals/rodents/insects etc.) to gain entry to the home....removal of vines from homes is being preventative as it pulls away the mortar from the bricks allowing entry points for rodents and insects.
- Check for signs of termites (yes, there are termites in Ontario)
- Ensure decks and patios have not settled so much that it has compromised the structural integrity or created a safety issue; check porch/deck railings to ensure secure
- Turn on exterior hose bibs and ensure no leaks

### INTERIOR

- Clean windows and check all window sills and trim to ensure no water penetration or moisture issues causing wood rot
- Clean and replace light bulbs and fixtures
- Wash and polish floors
- Vacuum and steam clean carpets and tile floors (grout cleaning)
- Wash and dust all surfaces i.e. walls and furniture
- Organize all closets and storage areas; garages and workshops
- General de-cluttering i.e. items/clothing/furniture not in use. These items can be donated or sold on-line through various community garage sale sites and/or rent a storage space for temporary storage
- Re-paint/neutralize rooms if necessary
- Deep clean appliances (1/2 blue Dawn dish soap mixed with 1/2 vinegar is a great cleaner for ovens, fridges, showers and sinks removing tough grease and soap residue off surfaces- baking soda is effective for tough spots)
- Service HVAC systems (i.e. furnace/ air conditioning)
- Change furnace filter and have ducts cleaned & furnaces cleaned
- Evaluate the efficiency of your home i.e. check windows and doors; assess insulation levels
- Inspect the plumbing for leaks

If a Homeowner takes the time to prepare their home by completing the applicable interior and exterior tips, it will improve the overall curb appeal of the home and a prospective Buyer will see that the home has been well maintained and cared for thus making it a more attractive option to them. Taking care of these items also maintains the curb appeal of your home and is also being preventative in terms of potential breakdown of mechanical/plumbing/electrical components and wear and tear on a property.

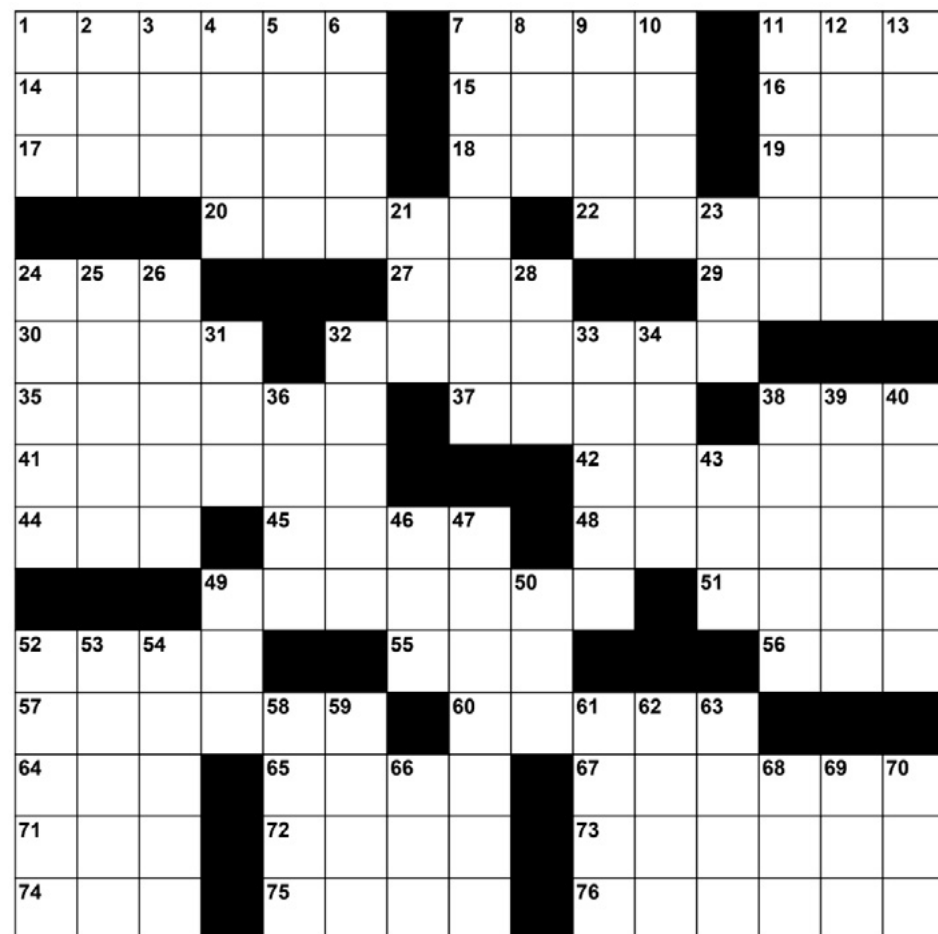
Keeping up with exterior maintenance is critical to your home's long-term health. With good exterior maintenance, you can protect your home from the elements, keeping moisture, pests, rot, and decay out of your home and prevent water penetration.

If you live in Waterloo Region, Perth or Oxford Counties, don't hesitate to contact me for further information on Home Maintenance Resources and/or for contact information for reputable and trusted trades people and professionals who can assist you!!

If you are looking to Buy and or Sell a home, don't hesitate to contact me to discuss the current real estate market conditions; for market reports and statistics and/or to provide you with a FREE market evaluation of your home!

**Alison Willsey has been a Realtor at Peak Realty Ltd., Brokerage for 14 years. She grew up in Tavistock on the border of Oxford and Perth Counties and spent the last 20 years living in New Hamburg and now her and her family resides in the Village of Plattsville. She is a member of the KWAR (Kitchener Waterloo Association of Realtors). She continues to educate herself and evolve and always embraces an opportunity to learn how to improve on her skill set to better meet the needs of her clients. She is working to serve Buyers and Sellers in Kitchener-Waterloo and surrounding areas including but not limited to the townships of East-Zorra Tavistock, Blandford-Blenheim, Perth-East, North Dumfries, Wellesley and surrounding areas meeting your RURAL and RESIDENTIAL needs with EXPERIENCE, PROFESSIONALISM AND HONESTY!! I am also an (ASA) ACCREDITED SENIOR AGENT AND (RENE) REAL ESTATE NEGOTIATION EXPERT**

*This article is not intended to solicit those already under contract with another real estate brokerage.*



By Evelyn Johnson - www.qets.com

Solutions on Page 16

**ACROSS**

- 1 Control
- 7 Brisk
- 11 Enact
- 14 Ancient Greek city
- 15 Region
- 16 Water closet
- 17 Constellation
- 18 Place to rest
- 19 Weapon
- 20 Impressionist painter
- 22 Parents and children
- 24 Accountant
- 27 Sun's name
- 29 Totals
- 30 Professional football team
- 32 Underground well necessity
- 35 Steep
- 37 Eye liquid
- 38 Morning moisture
- 41 Season after winter
- 42 Come out
- 44 Remit
- 45 Ocean movement
- 48 Mother \_\_\_\_
- 49 Shout of joy
- 51 Old
- 52 Homeless person
- 55 Congressional vote
- 56 Pigpen
- 57 Source
- 60 Legends
- 64 Sticky black substance
- 65 Less than usual in size, power or character
- 67 Lubricators
- 71 Limited (abbr.)
- 72 Double-reed instrument
- 73 Opp. of singular
- 74 Affirmative
- 75 Optical device
- 76 Stabilize

**DOWN**

- 1 Chinese seasoning
- 2 Imitate
- 3 Surface to air missile
- 4 Prune
- 5 Volcano
- 6 Precipitation
- 7 Exiled (2 wds.)
- 8 Unrefined metal
- 9 Green part of tree
- 10 Information
- 11 Chilly
- 12 Might
- 13 Frozen pizza brand
- 21 Lawyer's title
- 23 Deface
- 24 Brisk
- 25 South American plain
- 26 Cupboard or pantry
- 28 Tell a tall tale
- 31 \_\_ Lanka
- 32 Armor plate
- 33 Matador's passes at bull
- 34 Writer Bombeck
- 36 Preposition
- 38 Medicines
- 39 Heron
- 40 Overgrown
- 43 Estimated time of arrival
- 46 Mother's \_\_\_\_
- 47 Foes
- 49 Shoat
- 50 No
- 52 \_\_ disputed
- 53 Speak in public
- 54 Winged animals
- 58 Movie star
- 59 Northeast by east
- 61 Crests
- 62 Sword handle
- 63 Swerve
- 66 Day of wk.
- 68 Time period
- 69 Radiation dose
- 70 Cunning

# Laughing Matters!

When I arrived at school for my daughter's parent-teacher conference, the teacher seemed a bit flustered, especially when she started telling me that my little girl didn't always pay attention in class and was sometimes a little flighty.

"For example, she'll do the wrong page in the workbook," the teacher explained, "and I've even found her sitting at the wrong desk." "I don't understand," I replied defensively. "Where could she have gotten that?"

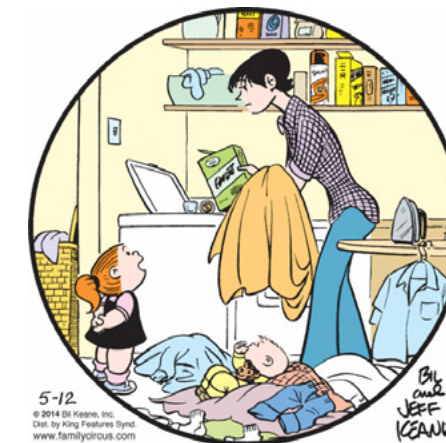
The teacher went on to reassure me that my daughter was still doing fine in school and was sweet and likable. Finally, after a pause, she added,

"By the way, Mrs. Gulbrandsen, our appointment was tomorrow."

A young man was planting some flower seeds on a sweltering day, sweating from the hot sun.

His neighbor said, "You need to wait until the sun goes down, or plant in the morning when it is coolest."

The man said, "I can't do that. It says on the package, 'Plant in full sun!'"



"Isn't it nice to have everything back to normal after your day off?"

## FIND THE HIDDEN OBJECTS

Can you find all 10?

- 
- 
- 
- 
- 
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- 
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- 
- 



Solutions on Page 16

## Did You Know?

At age 40 skin starts to lose elasticity and tone. Genetic disposition and environmental factors can contribute to various wrinkle types.

Gravitational lines like nasolabial fold (marionette lines) and horizontal neck wrinkles beneath the chin are caused by gravity and the loss of collagen and elastin. The skin loses tone, the skin sags and a wrinkle forms.

Expression lines like crows feet, frown lines, forehead wrinkles and lip lines are caused by overactive facial expression.

Dry skin lines and wrinkles are generally on the cheeks, chin, neck and décolleté. This is due to lack of moisture and the skin's ability to bind moisture as well as sun damage.

There are now treatments available to combat all forms of wrinkles.

Contact Linda Langenegger at 519-741-4662, or [lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com) for more information.

*Linda Langenegger*  
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## Travel Insurance News & Views

by: Gary White

Did you know:

Travelers tend to be so focused on going on their trip that they don't think cancellation will be an issue for them. But Trip Cancellation & Trip Interruption coverage protects their travel investments. Ironically, many people decline this coverage because of the cost.

If that's how you think, then let me introduce you to just Trip Interruption Insurance which can cost as little as a taxi to the airport and can save you a lot of money (and stress) in the long-run. Trip Interruption Insurance alone can be purchased for a single trip or on a multi-trip annual basis. Think about these scenarios:

- What if you lose your job?
- What if you miss your flight connection?
- What if your travel companion gets sick and has to return home?
- What if a family member is hospitalized while you are away?

Think about it!



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### TRAVEL INSURANCE

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- Trip Cancellation, Trip Interruption

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 Email: [gary@garywhiteinsurance.com](mailto:gary@garywhiteinsurance.com)

## Woolwich Seniors Association

A membership based organization for older adults age 55+.

The WSA offers social, recreational and educational opportunities, for seniors in Woolwich Township and surrounding area. Located in the Woolwich Memorial Centre, seniors enjoy a bright, spacious room with pool tables, a quilting area, computers, coffee nook, and a Library and Puzzle Swap. Over 30 weekly drop-in activities are offered to senior members: Bid Euchre, Book Club, Bridge, Bus Trips, Carpet Bowl, Cribbage, Crokinole, Fitness, Knitting and Crocheting, Mahjongg, Monthly Lunches, Monthly Dinners, Pickleball, Ping Pong, Quilting, Shuffleboard, Snooker, Solo, Tai Chi, Tech Clinic, The Great Brain Workout, Wellness Clinics, Yoga, and Zumba.

### Upcoming Special Events:

#### Tech Clinic

Thursday, May 30<sup>th</sup>, 2019  
 9:30-11:30am Call to book a free half hour session.

#### Monthly Dinner

BBQ Wednesday, June 19<sup>th</sup>, 2019  
 5:00pm \$20.00



**\$20 per year Membership Fee.**

**To become a member, contact the Woolwich Seniors Association**

Located in the Woolwich Memorial Centre  
 24 Snyder Ave South, Elmira  
**519-669-5044**

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

**Stay Active. Be Involved. Feel Connected. Join today!**  
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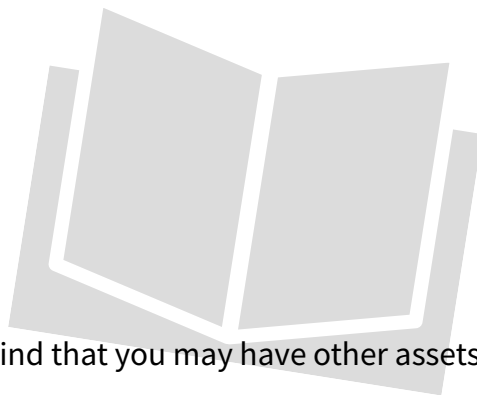
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# Review your RRSP and Insurance Beneficiaries when planning your Will



When doing your estate planning, it is very important to keep in mind that you may have other assets in which you have already named beneficiaries.

Life insurance is a good example. When you purchased the policy, you would have named a beneficiary who gets the money after you die. Other places where you may have named a beneficiary include a workplace pension, your Registered Retirement Savings Plan (RRSP) or Registered Retirement Income Fund (RRIF), and your Tax Free Savings Account (TFSA).

Making or revising a Will does not change the beneficiaries on those accounts, unless you have specifically named those accounts within the Will. Here are some examples of why appropriate planning might be necessary.

The first is that some assets get different tax treatment. If the RRSP and your Will name different beneficiaries, the people named in your Will may be paying the tax bill on the RRSP value, while the RRSP beneficiary might not pay any tax.

Another example arises frequently in families which involve second-marriages, or other scenarios in which a trust is created for a surviving spouse but the assets are left to someone else (perhaps adult children from a prior marriage). If the full estate is designed to be put into a trust but the beneficiaries on the other products are not modified, the trust may not work as intended.

Finally, consider that many people carefully design a Will so that beneficiaries will receive money at a certain age, perhaps 25 or 30 when they are more mature. Money from other sources such as life insurance may flow to that beneficiary at age 18, because life insurance is paid separately from the administration of a Will.

When planning your Will, make sure to discuss this question with your lawyer, insurance and investment advisors to make sure that your plan doesn't have any unintended gaps or negative consequences.

*Robert Lanteigne is an associate lawyer 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.*

Scammers can use the Internet to promote fraud through unsolicited or junk emails, known as spam. Even if they only get a handful of replies from the millions of emails they send out, it is still worth their while. Be wary of replying, even just to “unsubscribe”, because that will give a scammer confirmation that they have reached a real email address.

Any email you receive could be spam if it comes from a sender you don't know, isn't specifically addressed to you, and/or promises you some benefit.

Malicious software - also referred to as malware, spyware, key loggers, Trojan horses or Trojans - poses online security threats. Scammers try to install this software on your computer so that they can gain access to files stored on your computer and other personal details and passwords.

Scammers use a wide range of tricks to get their software onto your computer. They may trick you into clicking on a link or pop-up message in a spam email, or by getting you to visit a fake website set up solely to infect people's computers.

Phishing scams are all about tricking you into

handing over your personal and banking details to scammers. The emails you receive might look and sound legitimate but in reality genuine organizations like a bank or a government authority will never expect you to send your personal information by an email or online.

Scammers can easily copy the logo or even the entire website of a genuine organization.

So don't just assume an email you receive

is legitimate. If the email is asking you to visit a website to “update”, “validate” or “confirm” your account information, be skeptical.

Delete phishing emails. They can carry viruses that can infect your computer. Don't open any attachments or follow any links in phishing emails.

Online auctions and Internet shopping can be a lot of fun and can also help you find good deals. Unfortunately, they also attract scammers. Scammers will often try to get you to deal outside of online auction sites. They may claim the winner of an auction that you were bidding on has pulled out and offer the item to you. Once you have paid, you will never hear from them again and the auction site won't be able to help you.

## SENIOR SAFETY Internet Scams

### PREVENTION TIPS

- Secure your computer by activating your firewall, using an anti-virus/malware software and blocking spyware attacks.
- Keep your operating system current with the latest system update.
- Always think before clicking on a link or file of unknown origin. Don't feel pressured by any emails.
- Be social media savvy by making sure your social networking profiles are set to private.
- Don't be lured into using payment methods other than the options recommended by the Internet auction site. Don't pay by sending cash, money transfers or money orders.

**This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at [www.rcmp.gc.ca](http://www.rcmp.gc.ca)**

# WHAT'S HAPPENING

## 55+ Active Adults & Seniors in Wilmot Township

<p><b>KNOTTING AND QUILTING COMFORTERS</b> Everyone Welcome. Come for an hour or as long as you wish.</p>	<p><b>WHEN:</b> 1st Wed of every month; Sept-June <b>TIME:</b> 10:00 am to 3:00 pm. <b>WHERE:</b> Steinmann Church <b>CONTACT:</b> 519-634-8311</p>
<p><b>ST. AGATHA SENIORS</b> 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!</p>	<p><b>COST:</b> .50¢ <b>WHEN:</b> Every Thursday 1:00 to 4:00 p.m. <b>WHERE:</b> St. Agatha Community Centre <b>CONTACT:</b> Bert Lichti at 519-634-8411</p>
<p><b>NEW DUNDEE SENIORS</b> Come out and enjoy cards, games &amp; shuffleboard</p>	<p><b>WHEN:</b> Every other Tues, 1:00-4:00pm *Please contact Alice for exact dates <b>WHERE:</b> New Dundee Community Center <b>CONTACT:</b> Alice Bowman 518-696-2665</p>
<p><b>WILMOT SENIOR SHUFFLEBOARD</b></p>	<p><b>WHEN:</b> Tues and Wed from 9:30-11:30AM and Tues 1:00-4:00pm <b>WHERE:</b> Wilmot Recreation Complex <b>CONTACT:</b> Guy &amp; Phylis Sisco 519-662-2077</p>
<p><b>WILMOT SENIORS WOODWORKING &amp; CRAFT CLUB</b> Woodworking, Stained Glass, Quilting, &amp; 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 &amp; learn and use new skills</p>	<p><b>WHEN:</b> Weekly, Mon to Fri: 9AM - 5PM <b>WHERE:</b> 27 Beck St., Baden <b>COST:</b> Initial Membership \$90, yearly \$70 <b>CONTACT:</b> Diana Gruhl at 519-634-5357</p>
<p><b>PICKLEBALL DROP-IN</b> 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.</p>	<p><b>WHEN:</b> Mondays 1:00PM - 3:00PM Wednesday, 6:30PM - 8:30PM <b>WHERE:</b> St. Agatha Community Centre <b>CONTACT:</b> The Wilmot Recreation Centre for more information at 519-634-9225</p>
<p><b>RESTLESS SENIORS</b> 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.</p>	<p><b>WHEN:</b> Wednesdays from 1:30 - 3:30PM <b>WHERE:</b> New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg <b>CONTACT:</b> George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821</p>

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**WHERE:** 182 Union Street, New Hamburg  
**CONTACT:** James Aoki 519-662-1938  
**EMAIL:** james@newhamburglanes.ca

**WHEN:**  
Foxboro (a mixed, social league):  
Mondays 1:00-3:00pm  
Stonecroft (a mixed, social league):  
Tuesdays 1:30-3:00pm  
Morningside Village (a mixed, social league):  
Tuesdays 9:15-11:30am

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

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

**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



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





## WHERE TO GET YOUR FREE COPY

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 Donuts & Deli
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

## ALZHEIMER SOCIETY

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

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- Group Work
- System Navigation
- Social/Recreation Programs

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

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Solution:

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14	S	P	A	R	T	A	15	A	R	E	A	16	L	O	O		
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41	S	P	R	I	N	G	42	E	M	E	R	43	44	45	46	47	48
44	P	A	Y	45	T	I	D	46	E	47	N	A	48	49	50	51	52
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52	H	O	B	O	53	54	55	56	57	58	59	60	61	62	63	64	65
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64	T	A	R	65	D	E	66	M	67	O	I	L	E	R	68	69	70
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74	Y	E	S	75	L	E	N	S	76	S	T	E	A	D	Y		



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# My Biggest Wakeup Call

by: Fred G. Parry

My biggest wakeup call came recently, and it was our, then, 3-year-old grandson, Kolton, who opened my eyes to it.

A beautiful sunny morning, we had walked over to his future school, where he enjoyed watching all the kids at play. The big kids even let him score a goal during a fun game of soccer. He was thrilled! Afterwards, we walked a few more blocks toward the local Tim Horton's coffee shop, picking up some pinecones and dandelions for his mother along the way.

"What do you think about having a cookie, Kolton?" He was delighted at that prospect and asked if I was happy. I paused for a moment and said, "Actually, I'll be happy just to sit down!"

When we got there, I ordered a coffee. The nice lady behind the counter showed great patience – as Kolton finally decided that the big gingerbread man cookie with bright blue icing would be a perfect choice.

As we sat at the table, he looked up from his cookie crunching to again ask, "Me happy. Grandpa happy?" Being a bit more tired than usual, I didn't directly answer him. Instead (probably looking for inspiration) I asked, "Why are you happy, Kolton?"

Looking up at me with blue icing covering his face, his answer came haltingly, in the form of a question, "Because I can sit down?"

**"And the cat's in the cradle and the silver spoon  
Little boy blue and the man in the moon"**

-- Cat's in the Cradle by Harry Chapin  
[https://youtu.be/QLOfnCfG\\_uo](https://youtu.be/QLOfnCfG_uo)

Later, back at home, I let the enormity of his words sink into my heart ... 'out of the mouth of babes'!

I guess our little ones don't need a reason to be

happy... unless they borrow one from us adults. Yet, shouldn't my being with him, and sharing his love, be reason enough for me to be happy? Excited? Proud?

Later that day – as if to drive this message home – we got the call that my Mother-in-law had been admitted to hospital suffering from a heart attack. And, although it was deemed "mild", I'll never forget the real fear in my wife's eyes. It's another reminder that Life just won't be taken for granted.

**"Cause I have wandered through this world,  
And as each moment has unfurled,  
I've been waiting to awaken from these dreams.  
People go just where they will,  
I never noticed them until I got this feeling  
That it's later than it seem"**

-- Doctor My Eyes by Jackson Browne

My Dad used to say that people don't know when they've got it good, which makes it easy to start sleep-walking through life, oblivious to the needs of others. I mean, with only a few aches and pains, who am I to complain? If I've been so blessed in life – with every real reason to be happy – what real reason do I have to be sad?

Yet, we have free will to choose our thoughts and probably it's the most important work of our lives. In 'Paradise Lost', English poet John Milton wrote, "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven." So, if we're unhappy now, how will we fare during a time of real need?

I learned from my grandson that it's simple. This 'not being in the present' can lead us far from being our best.

**"There's nothing you can know that isn't known,  
Nothing you can see that isn't shown,  
Nowhere you can be that isn't where you're meant to be,  
It's easy"**

-- All You Need is Love by The Beatles

Examples of people trying their best are all around us. Like author and motivational speaker Spencer West, who despite losing his legs as a child, wanted to be the first person to conquer Mount Kilimanjaro – 20,000 steps for charity, in a wheelchair!

Maybe asking the right kind of questions will give us the right answers: What kind of examples do our actions and attitudes create? Are we redefining what's personally possible? If not now, when?

**"Doctor my eyes-- cannot see the sky,  
Is this the prize for having learned how not to cry?"**

<https://youtu.be/SxbUtbZt868>

As for me, I'll always remember the day that little Kolton reminded me to 'wake up and smell the coffee'!



**"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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When: Wednesday Evenings from 5:30-8:30 pm

Start Date: June 5 until August 28th



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The Optimist Club of Petersburg will host a BBQ on June 16th from 8:00 am - Noon all you can eat, with proceeds supporting local youth programs in our community as well as JDRF, Childhood Cancer charities and others. Proceeds from the 50/50 draws go to the Children's Wish Foundation.

For more information or to participate please contact hosts Ron & Marlene Weber at 519-634-8902 or by email to [ronmarweber@yahoo.ca](mailto:ronmarweber@yahoo.ca)



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## Celebrating Mother's Day when mom has dementia

With Mother's Day just around the corner, the crunch is on to find that perfect gift to show your mom just how much she means to you. The gift many moms want most is quality time with their children—time that shows her that you appreciate her role in your life. Does this look any different if your mom has dementia?

Here are a few simple, engaging ways to show your mom how much you care—on Mother's Day or any other day of the year:

### If she's in the early stages:

- Tell her you would like to spend time with her and ask what she would like to do.
- Plan a meal together, make her favourite dish or go out to her favourite restaurant. Keep in mind that a quiet location or time of day will minimize distractions and allow for good conversation.
- Take a stroll in the park, go for a bike ride or visit a museum.

### If she's in the middle stages:

- Plan for quieter, shorter visits. This helps avoid overstimulation.
- Give her an album of photos marking special moments in her life. Reminisce together, share stories and remember to laugh.
- Read an excerpt from one of her favourite books.

### If she's in the later stages:

- Create a playlist of the songs she grew up with and give her an iPod to listen.
- Give her some scented lotion and pamper her with a hand massage.
- Pick up some fresh flowers and let her sort them in a vase.

Whatever you do, always make time for your mom and continue to share your life with her, and let her know that she means the world to you.



Monday - Friday  
9:30am – 3:00pm

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## Community Dining For Seniors

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

### WILMOT TOWNSHIP

Zion United Church, 215 Peel St.,  
New Hamburg - 1st 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

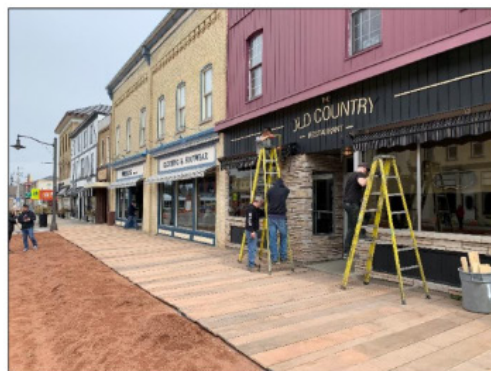


## 'Anne with an E' takes over Wilmot Township!

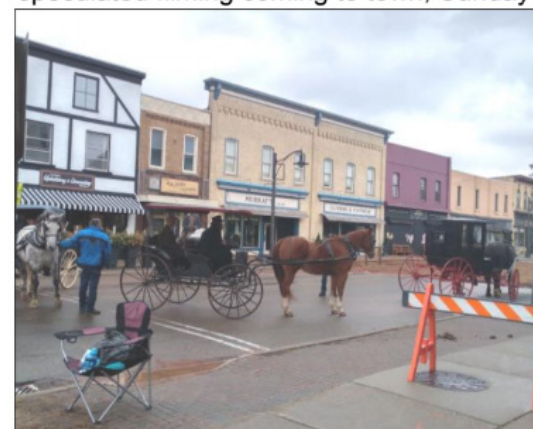
**Baden (Ontario) April 10, 2019** – Lights, camera, action for Wilmot Township! Northwood Entertainment's third season of the award-winning *Anne with an E* series was filmed in parts of Wilmot Township earlier this week.

The famed Lucy Maud Montgomery story *Anne of Green Gables* continues to be reimagined by Emmy®-winning showrunner Moira Walley-Beckett and produced by Miranda de Pencier's Northwood Entertainment. Season three continues the coming-of-age story of Anne Shirley-Cuthbert (played by Irish-Canadian actress Amybeth McNulty), an outsider who against all odds, fights for acceptance, for her place in the world, and for love. Just one week ago, McNulty took home a Canadian Screen Award for Best Actress in a Continuing Leading Dramatic Role.

The much anticipated third season of CBC and Netflix's *Anne with an E* returned to Castle Kilbride in Baden for a third time to film. Wilmot's National Historic Site was the home of Josephine Barry for both finale episodes. In addition to filming in Baden on Monday, Northwood Entertainment also filmed in downtown New Hamburg. The downtown core is part of the New Hamburg Heritage Conservation District which was designated by Wilmot Township in 1992 under Part V of the Ontario Heritage Act and architecturally was *the* perfect backdrop for the episode. Location Manager Dorigen Fode smiled when asked how she discovered New Hamburg. "Tracy Loch, Curator of Castle Kilbride and I talk regularly about the richness of Wilmot Township history. She sent me a link to heritage properties on their website, and I was hooked!"



There was much curiosity by residents in Wilmot Township when signage for a road closure and detours around Peel Street in New Hamburg were put in place over a week ago. Although some residents speculated filming coming to town, Sunday morning showed the community what was indeed happening.



The film crew worked with the businesses on Peel Street and enhanced the existing architecture to recreate the 1890s. Board of Trade President Gina Ruttan appreciated the efforts that Fode made to ensure that New Hamburg businesses had as little interruption as possible during filming.

"The community has been a buzz of energy since the crew arrived," shared Meredith Hagen, who is owner of MeMe's Cafe. "It's been the talk of the town!" Peel Street had wooden planks laid over the sidewalks, red gravel was spread on a fabric liner on Peel Street for true authenticity and the storefronts were altered to reflect c.1890. Even the inside of the clothing store featured items in their display window that were from the era. On Monday morning when filming began,

a crowd of residents and business owners saw horses and carriages on Peel Street, rather than the usual car, bus and truck traffic which drew many curious bystanders.

Baden's landmark museum Castle Kilbride had the same red soil arrive and over 800 spring flowers and shrubs hand planted outside the historic property on Friday which took an entire day for the crew to plant. Curators Tracy Loch and Sherri Gropp were a bit worried about the huge undertaking as the freezing rain had just stopped an hour before the landscaping crew arrived. Museum staff are tightlipped about all the actors who were working inside the grand museum this week, but have confirmed that Castle Kilbride was used as "Aunt Josephine's" home, and that "Anne" herself was here!



Residents of *all* ages were so excited to have filming in Wilmot Township. Mayor Les Armstrong said "We are thrilled to have Northwood Entertainment back again to our community for a third time, and hopefully this is just the beginning of long partnership." Location Manager Dorigen Fode shared that "Wilmot Township has welcomed us with open arms every year. With such a positive response from the community, it is only natural for me to seek new opportunities to film within Wilmot."

With much anticipation from so many viewers that adore the series, the third season of *Anne with an E* is anticipated to air in Canada mid-September.

### About Wilmot Township:



Nestled along the banks of the Nith River, the Township of Wilmot is a small municipality in the Region of Waterloo, Ontario. Comprised of rolling farmland, quaint villages and bustling towns, Wilmot Township is a popular destination to live, work, play and invest. Wilmot is a community of communities. The majority of residents live in the towns of New Hamburg and Baden as well as in the smaller communities of St. Agatha, Petersburg, Mannheim, New Dundee, Philipsburg, Shingletown, Wilmot Centre, Haysville, Luxemburg, Lisbon, Sunfish Lake and Foxboro Green. [www.wilmot.ca](http://www.wilmot.ca)

### About Castle Kilbride:



Built in 1877, Castle Kilbride is a restored and furnished grand Italianate home of James Livingston, Canada's "Flax Mill King." It is the jewel of Wilmot Township. Three generations of the Livingston family resided at the Castle from 1877 to 1988. In 1993, the Township of Wilmot purchased Castle Kilbride and an extensive restoration project began to bring back the home to its former glory. The home features rare, three-dimensional wall and ceiling murals known as, *Trompe l'oeil*, a French term that translates into "fools your eye" or "trickery of the eye." These magnificent murals are deemed best example in Canada and reflect the Victorian love of extravagance and variety while providing an interesting illusion of depth. The museum was designated a National Historic Site by the Historic Site and Monuments Board of Canada in 1995 and is a 'must see' tourist destination. [www.castlekilbride.ca](http://www.castlekilbride.ca)

-30-

### For additional information contact:

**Tracy Loch**, Curator/Director, Castle Kilbride [tracy.loch@wilmot.ca](mailto:tracy.loch@wilmot.ca) 519-634-8444 x.256  
**Sherri Gropp**, Assistant Curator, Castle Kilbride [sherri.gropp@wilmot.ca](mailto:sherri.gropp@wilmot.ca) 519-634-8444 x.259

# UTIs

## Hydration, Diet & Hygiene



Christine Gingerich is a Lifestyle Coach and the author of OptimalYOU. She loves living in health-conscious Wilmot Township!  
www.optimalYOU.ca

Many people, especially women, are plagued with frequent urinary tract infections (UTIs). They are the most common infection in older adults. UTI symptoms include frequent urination, a sense of urgency to urinate and burning when urinating. Another less commonly known or missed indication in older populations is confusion, or what appears to be mild dementia.

If a UTI is left untreated, the infection can spread to the kidneys where more serious problems like sepsis can occur.

Staying well-hydrated is one of the most helpful tips for preventing UTIs. Researchers have found that women who drink lots of water have a significant reduction in this common infection. Water seems to work by increasing urine volume and voiding frequency. Drinking more water is also a very economical solution.

Fluid requirements are influenced by many factors such as age, weight, sex, activity level, illness, seasons and diet. Water, not coffee, tea, juice or carbonated beverages, is required for optimal hydration. Dr. Elizabeth Kavalier, a urology specialist at Lenox Hill Hospital in New York City, says “water is the preferred beverage for overall bladder and kidney health.”

**There are many dietary choices that can also help ward off UTIs:**

**Cranberries:** Fresh, raw cranberries or unsweetened juice may help prevent UTIs by keeping bacteria from sticking to the lining of the urinary tract.

**Blueberries:** This delicious fruit may also keep bad bacteria from attaching to the urinary tract lining. Keep them raw by adding them to a salad, smoothie or oatmeal.

**Vitamin C:** Suzanne Salamon MD, an instructor at Harvard Medical School says, Vitamin C “can help make the urine more acidic, which may prevent bacteria from growing.” She recommends 500 to 1,000 milligrams of vitamin C daily. Vitamin C is also found in citrus fruits, strawberries, blueberries, green leafy vegetables and green peppers.

**Probiotics:** These supplements contain healthy bacteria. Some evidence suggests that probiotics may help prevent UTIs by keeping “bad” bacteria from growing. Probiotics are available in pill or powder form, and are also found in fermented foods such as sauerkraut, Kombucha, kefir, kimchi, and, in lesser amounts, plain yogurt.

Good hygiene is also an important step toward UTI prevention. Wiping “front to back,” keeping the area clean with regular bathing/showering, and urinating after intercourse are all helpful tips for preventing this dreaded infection.

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# CARING FOR THE CAREGIVER

The second Sunday in May provides us with an opportunity to recognize our Mothers or others who have played an influential role in caring for us over the years. At the same time, as our parents are aging, many adult children are finding themselves in roles where they are now caring for parents. Some are part of the “sandwich generation”, caring for both young families and aging parents. There is no doubt that fulfilling a caregiving role can be difficult. Here are some helpful tips that can help caregivers to cope with the level of stress that caregiving brings:

- **Take care of your own health.** It is hard to take care of someone else if you are not taking care of yourself. Get plenty of sleep. Make sure that you are eating well. Get plenty of exercise. This does not mean that you need to add another scheduled program to your hectic life. There are many free, flexible activities that you can access including exercise classes offered across the Townships, indoor walking tracks, drop in social and recreational activities, outdoor walking trails or simply taking a walk around the block.
- **Seek support from others.** There are many wonderful caregiver support groups across our communities that can provide information and support. If groups are not for you or if you want to add to this experience, there are many other options to get support and information from others including roles that help you to understand and navigate the healthcare system, online resources, training and peer support forums as well as individual counselling.
- **Accept offers of help.** There are often many people around you who want to offer their assistance, whether it be running errands or sitting with your loved one so that you can get a break. Sometimes people want to help but just don't know how to best help. Be open to accepting that help and suggest specific things that they can do to provide help. Senior Support Workers are available to offer free, practical support needed at home.
- **Organize medical and financial information so that it is easily accessible.** You may have multiple conversations or appointments that rely on you to provide information. You may be required to serve as the power of attorney for personal and/or financial needs. The more organized that you can be with having medical and financial information easily accessible, the easier it will be to reduce some of the stress associated with having to provide this information.
- **Learn how to best communicate with your physician and health care professionals.** Sometimes with limited time available in appointments, the stress that you are experiencing or a lack of understanding of our healthcare system, it is difficult to know what and how to best communicate with professionals that are there to support you. There are several roles in the community that can help to prepare you for these important conversations.
- **Caregiving is hard. Take respite breaks.** Sometimes you just need a bit of time away to recharge, take care of your personal needs or spend time with your family. Access the free services of a Senior Support Worker, register your family member in an Adult Day Program, learn about overnight stay options that may be available to you or access the services of many private supports that can lend a hand.
- **Be kind to yourself and give yourself credit for doing the best that you can do!**

Article provided by Community Care Concepts

*Township of Wilmot Drop In Programming*

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The Township of Wilmot is looking to expand drop-in opportunities in the Active Living Centre and add more drop in sports like Pickleball & Badminton.

Current offerings:

**Active Living Centre**

Monday's & Wednesday's 10:30 a.m.-4:00 p.m.  
Tuesday's & Thursday's 9:00 a.m.-12:00 noon

**Pickleball at St. Agatha Community Centre**  
\*\*Returning Monday May 27, 2019

Monday's 1:00 p.m.-3:00 p.m.  
Wednesday's 6:30 p.m.-8:30 p.m.





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# Home Care Costs & Comparisons in Kitchener, Waterloo & Cambridge

Provided by Retire-At-Home Services KW

Many factors go into making health care decisions for our loved ones. Their health care needs and preferences, as well as the cost of care can determine the best solution.

A recent survey found that 91% of seniors wished to remain in their homes (or neighborhoods) and live independently for as long as possible, and that's exactly what Retire-At-Home Kitchener-Waterloo-Cambridge exists does! Its important however to explore your options and understand this as an alternative service to Retirement Homes and Nursing Homes.

## Cost Overview of Home Care Services

Unfortunately, Government funded home care is not available to Canadians universally. Because of this, many choose to partake in private home care.

Additional help and support, from either a family member or a friend, will drastically reduce the costs involved with home care services.

Studies have shown that 26% of Canadians cared for a loved one with a serious health problem. Of those caregivers, 80% provided care at home, supplementing the government-funded service.

Research also shows that the average family caregiver spends at least 20 hours per week providing care over a period of four years. One quarter of family caregivers spend at least 40 hours per week. Unfortunately, studies have also shown that, after working more than 20 hours per week, the caregiver becomes overwhelmed and requires help. A good private care agency should be able to fill in the gaps left by the family caregiver.

The average client of Retire-At-Home spends approximately \$1500-\$2000 per month. While some clients spend as little as \$80 per month for minimal aid, others opt for 24/7 support during crises and/or palliative situations. Because our services do not come with a contract, our caregivers can be there as little or as much as you need.

## Cost Overview of Institutional Care

To help make the right decision, it is important to understand the costs and requirements that come with each option For those that do not want home care, and want to stay at a retirement home or nursing home, there are many options to choose from. Here is a breakdown of Independent Living, Assisted Living, and Long-term Care costs in Kitchener-Waterloo (costs may vary and change).

### Independent Living – Non-gov't regulated, client pays privately

- Range \$2100 to \$4800
- \$550 – \$1600 for additional person
- Meals can be available but not often included
- No personal support or nursing on site  
LHIN/CCAC services welcome
- 24-hr staffing for emergencies
- May or may not include an emergency response pendent
- Social/recreation programs often available
- Availability of or include housekeeping/linens/personal laundry

### Retirement Home/Assisted Living

#### Non-gov't regulated, client pays privately

- Range \$2050 – \$5700
- \$600 – \$1000 for additional person
- Includes all meals, housekeeping, laundry
- Medication administration, personal support and assistance with activities of daily living, are available for purchase  
LHIN/CCAC Services welcome
- 24-hr staffing for emergencies
- May or may not include an emergency response pendent
- Social/recreation programs

### Long Term Care (Nursing Home)

#### Government regulated, client pays the accommodation cost only

- Require government assessment to determine eligibility
- Range \$1850 – \$2650
- Require LHIN/CCAC assessment to determine eligibility
- 24-hr care is available, however it is usually minimal with an average ratio of 12:1 patients to caregivers
- Includes all meals, housekeeping, laundry
- Over 20,000 people on waiting lists, often waiting a 2-3 years.

### Example of Cost Comparison between Retire-At-Home and a Retirement Home:

- Client requires 3 hours per day of Personal Care, help with meals, medication reminders.
- Average Price of Retirement Home in the Kitchener-Waterloo= approx. \$4000 per month (for one person).
- Cost of hourly care = \$32-\$35/hour

## Give your mind and body a boost!

Minds in Motion is a community-based social program that incorporates physical activity and mental stimulation for people with early-mid stage signs of dementia and their care partners. The 2-hour program runs once a week for 8 weeks with gentle physical and social activities led by certified instructors. Join us this Spring/Summer!

**WHERE:** New sessions beginning in Baden and St. Jacobs

**WHEN:** Beginning May 21, June 12, and July 2

Pre-registration is required. Please contact us at 519-742-1422. Suggested donation: \$60.00



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**PSW Day – May 19th, 2019**

**International Nurses Day May 12th, 2019**

### Option 1 – Retirement Home

Client moves to Retirement Home on one-year contract

- Assume 1 hour per day of Personal Care included, 2 hours per day are charged
- Meals included
- = \$4000 + (2 hours x 30 days x \$32/hour)
- = \$4000 + \$1920
- = \$5920**

### Option 2 – Retire-At-Home

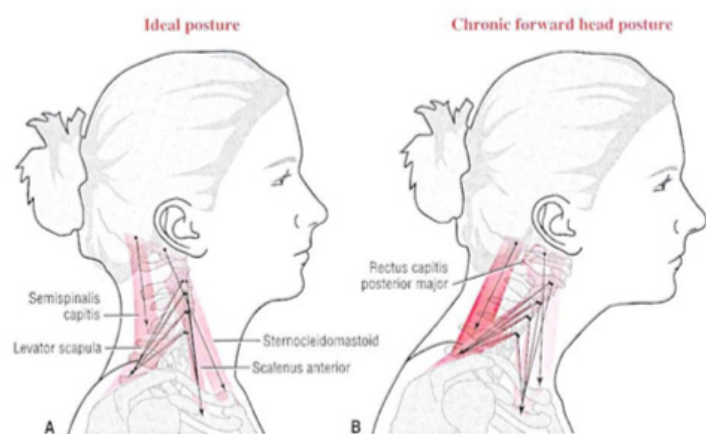
Client hires Retire-At-Home Services, remains in their own home, no contracts

- Grocery bill for one person = \$300/mo
- Utilities = \$300/mo
- Property taxes/Maintenance = \$500/mo
- Emergency Response System = \$40/mo
- = 3 hrs x 30 dys x \$32/hr + \$300 + \$400 + \$40
- = \$4020**

For more information contact Retire-At-Home at 519-208-2000 or email at [kwc@retireathome.com](mailto:kwc@retireathome.com)

# Posture Matters: Why?

Gravity is something we upright beings need to contend with and good posture helps you carry your load more efficiently. With good posture, our bones are stacked well, joints, ligaments, muscles are in optimal alignment and organs are given more space to function. All this allows us to move more freely and feel better.



Why don't you try poking your chin out, then turn your head from side to side, notice how that feels. Then imagine you have grown a few inches tall, keeping tall turn your head from side to side. Did you notice a difference? You are right, it felt and moved better when you did not stick your neck out; so don't stick your neck out for anyone!

We can give our organs space to breathe by not squishing them. Put your hands on your waist and notice the difference when you slouch versus being tall. Something we can all try to do with activities is to keep the space between our ribs and waist/pelvis. Our diaphragm, the main

breathing muscle appreciates having the space to move well and in turn will help provide the oxygen we need to nourish us. Our spines will be happy too.

So where do we bend forward from? Our hips = hip hinging. The hip joint is well built, has a lot of movement, as it is a ball and socket joint and has the largest muscle in our body, the gluteus maximus. The most powerful action of this muscle is to cause the body to regain the upright position after stooping. It keeps the trunk of the body in an erect posture. Unfortunately it is often underused. Try getting up from the chair. Start by sitting TALL, keeping your thighs apart, feet underneath you, your trunk long and lean forward from your hips (groin), with your pelvis still back, move to an upright position thinking about pulling your hips forward. Do in reverse to sit. You can do it every time to get up and sit down. This is a good leg strengthening exercise.

**Motion is lotion for joints. Movement is medicine. Make your posture matter and get your bang for your buck with all your activities.**



At Woolwich Community Health Centre and Wellesley Township Community Health Centre we offer "Better Bones" a fitness program for people who have osteoporosis or would like to reduce the risk of developing osteoporosis.

For information on how to register check out our website [www.wchc.on.ca](http://www.wchc.on.ca) or you can call 519-664-3794 ext. 297

Article provided by Woolwich Community Health Centre and Wellesley Township Community Health Centre

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Did you know ... Walking is such a gentle exercise with many health benefits. Some of these include: reducing your risk of heart disease and stroke, increasing circulation, improving balance, bone density, muscle and joint stiffness or pain and even helps to combat depression, just to name a few. Unfortunately, walking can be painful and unenjoyable when there are problems with your feet. Something as simple as a callus, corn, dry cracked skin, overgrown or ingrown toenails can make being active an unpleasant and difficult task. Regular foot care with treatment of these ailments can reduce or even resolve them completely so you can move pain free. Proper care of your feet is imperative if you are diabetic, as a small cut or pressure area of the skin can turn into a much bigger, potentially life threatening issue.

Suggested time frame for foot care visits range from 4-8 weeks, depending on nail growth and the severity of problem areas. Maintenance and prevention are important factors in keeping your feet healthy, allowing for regular exercise and helping you to feel your best."

Provided by Leanne Horst, RPN

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<http://my.tupperware.ca/tracybrenner>



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<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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Active Living Centre

**New Dundee Community Centre**  
Mon & Wed 1:00-2:00  
1028 Queen St, New Dundee

**Woolwich Township**  
The Meadows  
Tues & Thurs 9:30-10:30  
29 Water St. S, St. Jacobs

**Duke St. Apartments**  
Mon 2:30-3:30  
28 Duke St, Elmira

**St. James Lutheran Church**  
Tues & Thurs 3:30-4:30  
60 Arthur St. South, Elmira

**Valley View**  
Mon & Thurs 4:00-5:00  
1070 Printery Road, St. Jacobs


**Wellesley Township**  
Wallenstein Bible Chapel  
Tues & Thurs 9:30-10:30  
4522 Herrgott Rd, Wallenstein

**Pond View**  
Tues & Fri 10:30-11:30  
1 Pondview Dr, Wellesley  
Club Room

**Hawkesville Community Centre**  
Tues & Thurs 9:00-10:00  
3521 Broadway St., Wallenstein

**Linwood Community Centre**  
Mon & Wed 2:00-3:00  
5279 Ament Line, Linwood

**St. Clements Community Centre**  
Mon & Wed 9:00-10:00  
1 Green St., St. Clements



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

**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](mailto:embracingchangeinfo@gmail.com)

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

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 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  
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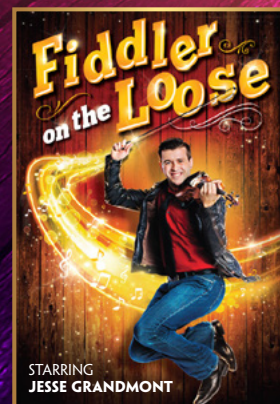
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