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VOL 5 ISSUE 9 MAY 2023

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Feature Business of the Month



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



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On The Cover

This photo of **Mary Louise Morton** dates to around 1900 when she was in nurse's training in Chicago. She was the daughter of Wellesley Township doctor, William Morton and came from a long line of medical practitioners

See the full cover story on page 8

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Wellesley Township Heritage and Historical Society



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



LETTER FROM THE EDITOR

Spring has sprung!

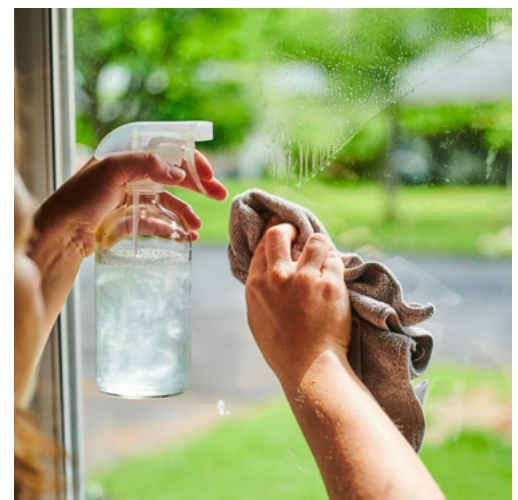
We sure did get spoiled with a full week of sunshine and warmth at the end of April ... I don't know about you but that felt pretty amazing after our long dreary winter. And now everything is starting to bloom and the birds are back to sharing their lovely songs with us! This is such a beautiful time of the year as we feel new and refreshed energy!

From May 1st – 8th we recognize Mental Health week. Community Care Concepts shares some great tips for our readers that can help us to create joy and hope in our daily lives during times of struggle. Be sure to check out page 7 for the full article.

From May 8th – 14th we celebrate Nurses week. Did you know in 1971, International Council of Nurses designated May 12, the birthday of nursing pioneer Florence Nightingale, as International Nurses Day. In 1985, CNA members passed a resolution to begin negotiations with the federal government to have the week containing May 12 proclaimed as National Nurses Week annually. And on May 19th we also recognize Personal Support Worker (PSW) Day! Please remember to give thanks to all of the incredible Nurses and PSW's that you know.

Life Hack Tip ~ Wash Your Windows on a Cloudy Day

For a quick made-at-home window-washing solution, mix equal parts white vinegar and warm water or add one teaspoon of mild dishwashing liquid to several gallons of water. But time your cleaning wisely: Sunshine will cause your windows to dry too quickly, leaving streaks.



Tara

Can You Please Explain the Independent Dental Hygienist?

Kelly Durst, IRDH

Owner and Hygienist: Health First Dental Hygiene



Independent Dental Hygiene is quickly gaining momentum. In Ontario, Independent Hygienists (IRDH) have been able to work independently since 2007. It is becoming more popular as many hygienists see there is a need for an alternative to oral health care. Standard dental offices can be expensive and people may have other restrictions keeping them from going; there can be several factors that can deter people from receiving the care they need and deserve. Your Independent Hygienist is here to fill the void and is your number one for preventative oral health care.

It is important to know that we have the right to choose who we see for oral health care. Independent Hygienists have earned an extra accreditation to be able to work on their own. They are fully trained to provide the utmost of service to their clients. Independent Hygienists also tend to look at your oral health from a total body perspective. They help you prevent costly procedures and maintain your dental and overall health.

IRDHs tend to work in some not-so-traditional dental settings. This can include, working in an office with other dental professionals who are not dentists (other hygienists, denturists); working out of their homes; and working mobilily, servicing clients in their clients own homes and care facilities. Having dental cleanings in your own home has become increasingly popular as there are people who physically cannot leave their homes, but there are also families who find it much more convenient to have their hygienist come to them. Also, anxious clients can now be seen in

the comfort of their own space.

So what happens if you see your IRDH but need a dentist or other dental professional? IRDH's have the training to recognize when another health professional is needed. Also, it continues to be important to see your dentist every 12-18 months for x-rays as they do help us catch things when they are small and easy to treat. You would continue to see the dentist for check-ups, and simply see your IRDH for your cleanings. For example, you go for your dental cleanings every 6 months. You would see your IRDH for your cleanings at six month intervals, and then on the second or third visit, you would see your dentist for a full check-up with x-rays.

It is a new way of thinking, but I guarantee you won't be disappointed with the care you receive from an IRDH. You will save time, money and see the same enthusiastic hygienist with every visit.



FEATURE BUSINESS OF THE MONTH: ALISON WILLSEY - PEAK REALTY

Mid April, we were “teased” with a taste of summer temperatures. some people spent time pumping bicycle tires and getting their golf clubs out to prepare for the next sporting season. for others, they got the “itch” to get outside and enjoy the warm weather and to tinker away outside raking lawns and bringing patio furniture out. It’s also a great time to start a spring maintenance and checklist or for some a to do list of all the items they want to address before summer is here.

Here is a list of items that come to my mind. These are also based on some of the items that have been brought to my attention by home inspectors during the hundreds of home inspections I have attended over the years. They are also items that I address as a homeowner myself that I feel are preventative and important at maintaining the life of my home, and its mechanicals. I am sure many of you could add some valuable tips to this list, and I would love to hear from you! This is just based on my knowledge and experience throughout the years as a Realtor® and a homeowner.

These are a few reminder items related to exterior of the home.

- Clean the eaves troughs, check the roof, and ensure all downspout connections are fastened and directing water away from the foundation of your home.
- Check all exterior windows and caulking. Install and/or repair screens.
- Check for foundation cracks on the exterior and interior of the home some can be professionally injected from the outside or the inside of the home to prevent water penetration and its always good to ask if the company provides a lifetime transferrable warranty on the repair.
- Clean out window wells and install/repair screens
- Turn on exterior hose bibs (once the exterior temperatures are in the positive)

In the interior of the home, there are a few things that i am always reminded of to check during the spring months.

- Check and test your sump pump (if applicable).

Some people invest in a battery back up for pumps for times of power outages. There are also pumps that one can invest in that operate from the power generated from water entering the sump pit. they don’t rely on hydro electricity to run.

- Change light bulbs
- Check out smoke detectors and carbon monoxide detectors (battery life and age of the detectors)
- Declutter your home (make trips to the dump, goodwill stores and thrift stores with items no longer needed)
- Declutter and organize your garage (make trips to the dump, goodwill stores and thrift stores with items no longer needed)
- Check all windows and window cranks to make sure they are operational.
- Clean all windows and screens (inside and out and the tracks)
- Clean and service your heating systems & change furnace filters etc. (furnaces, woodstoves/fireplaces/chimneys/boiler systems), clean ducts (to rid your home of pet dander, dust etc. and help maintain the life of your furnace and/or heating system) and clean dryer vents (to prevent buildup and potential fire)
- Service your water softener and/or check settings and salt levels and ensure it is operating properly.
- Check your air conditioner units to ensure they are operating. Service if necessary.
- Change drinking water filters and bulbs (i.e., reverse osmosis system) and or uv light bulbs (ultraviolet drinking water systems)
- Clean your hrv system and filter (heat recovery ventilation system)
- Descale & clean your dishwasher and components and washing machine (run vinegar through or clr when you have hard water to attempt to clean and descale-some models suggest using special cleaning pucks etc.)
- Wash walls, trim and doors move furniture out to clean floors underneath etc. dust your home thoroughly

Enjoy the warmer temperatures!!



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Finding Joy & Hope

May provides us with the opportunity to celebrate as well as reflect. It's the month that we celebrate nurses and personal support workers who have played such an important role in helping to keep many safe, healthy and living independently. It's also the month that we celebrate the influential role that mothers have played in our lives. While there is so much to celebrate and to recognize in these roles, there is no doubt that many are engaged in the roles of helping others, whether it be in a formal role or informal role of caregiver to an aging parent, experience many challenges. While we celebrate, it is also a time to pause and reflect as we celebrate Mental Health week the first week of May, providing an opportunity to profile the importance of mental health and well-being across our communities and in our own lives. This is especially critical if you are in a formal or informal role of caring for others. The arrival of longer days, warmer temperatures, blossoming gardens and increasing levels of sunshine associated with May create an opportunity to focus on our own health and well-being reminding us of the joy, hope and opportunity that lays ahead. While there is the potential for us to remain focused on the challenges, especially if we are in a role of caring for others, finding time to maintain a positive outlook and to preserve our physical and mental health is critical.

Here are a few tips that can help to create joy and hope in our daily lives:

- ❖ Take care of your own health and practice self-care. Focus on what you can control rather than what you can't. Make sure that you are eating well. Get plenty of exercise. Build opportunities for exercise into daily routines. The warmer weather provides the opportunity to get outside for a walk or other activities.

Take advantage of a walk around the block or on the many great trails our Townships have to offer.

- ❖ Build time into your day for activities that you enjoy. Try putting on your favourite music, focusing on a hobby, reading a good book, join a community group or activity or find a window with a view to take in the outside world.
- ❖ Take time to get some fresh air by opening your windows, sitting on your front porch, pattering in the garden or taking a walk. The warmth and feel of the sun have such a key impact on our outlook.
- ❖ Continue to nurture and draw on your faith and spirituality as a source of hope.
- ❖ Maintain connections with others. Keep in regular contact with family and friends, whether through visits, by phone or online. There are also a wide variety of free group-based programs that you can take advantage of to stay connected with others.
- ❖ Begin and end your day with hopeful and positive thoughts.
- ❖ Be kind to yourself and others. Give yourself and others credit for doing the best that you or they can do on any given day!
- ❖ Reach out and accept offers of help. There are many individuals and services that are available to offer assistance whether it be running errands, getting groceries, bringing a meal, helping you to get to where you need to go, helping around the house or for a phone call or visit. We all need help at some point in our lives. Reaching out is a sign of strength not weakness. When things become too overwhelming and immediate support is needed call Here 24/7 at 1-844-437-3247.

While choosing to find joy and hope will not take away struggles associated with caring for others, it will help us to shift our focus to a more positive outlook which will have a positive impact on our mental health and well-being. For information, services and support contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900. We are here to help!

COVER STORY



Nursing and Caring in Wellesley Township

Written by:

Nancy Maitland, Wellesley Township
Heritage and Historical Society

As we celebrate National Nursing Week (May 8-14) and Personal Support Worker Day (May 19) in Ontario, it is timely to look back at nursing and caring in Wellesley Township.

On September 18, 1885, a local Board of Health was formed under the provisions of the "Ontario Public Health Act" of 1884. Members were Ferdinand Walter, Reeve; J. L. Kroetsch, Clerk; and Doctors Morton, Vardon and Clemens.

Our cover photo of Mary Louise Morton dates to around 1900 when she was in nurse's training in Chicago. She was the daughter of Wellesley Township doctor, William Morton and came from a long line of medical practitioners. She first trained to be a teacher and taught at S. S. #16 in Wellesley in 1898. According to family lore, "after a brief placement as a student teacher she realized that it was not for her" and that she only lasted a week. This is not borne out in the attendance registers in our collection. However, her one-year stint as a teacher must have convinced her to try nursing. At the time of her marriage to Dr. William Glaister in 1905, Mary Louise was working as a nurse in Toronto. She may have worked with her husband after their marriage, but if so, only until 1906 when their daughter Deborah was born. Deborah Glaister trained as a doctor and practiced in Europe during the war, then Wellesley and finally in Kitchener.

Other local nurses are not as well known. The township history, *The Maple Leaf Journal*, refers to a nurse in Wellesley named Lavina Herrgott and another in St. Clements, named Henrietta Schummer.

A 1982 interview with Anne Brenner is recorded in *The Maple Leaf Journal*. She recalled being impressed by Henrietta Schummer as she aided Doctors McEachern, Tye and McKinnon when they operated on her brother in the front room of the family home. She later worked as a maid for Dr. McEachern in Linwood and assisted in his drug store when needed. The doctor knew she was interested in nursing and if a nurse was not available, he would take her along to help. She later moved to the United States, but when she received a letter from a friend at home telling her that St. Mary's Hospital in Kitchener was opening and accepting application for nurses training, she applied immediately and

started classes in January 1926. She specialized in Obstetrics and worked in various hospitals until she returned home in 1933 to care for her mother who was ill.

Another local nurse was Persida Ottmann. She attended nurse’s training at the Welland County General Hospital in 1925.

A long history of caring in Wellesley Township continues today.

Two photos:

89-7-36 A - Mary Louise Morton (Cover Photo)

2016-12-077 – Persida Ottmann, graduate nurse, 1925.

L-R Henrietta Ottmann, Persida Ottmann and their mother, Elizabeth Ottmann



Florence Nightingale



Florence Nightingale

Born: May 12, 1820

Died: August 13, 1910

History: Nightingale served as a nurse during the Crimean War, tending to wounded soldiers. She was called "The Lady with the Lamp" because of her habit of making rounds at night.

Florence Nightingale - "Founder of Modern Nursing"

She laid the foundation of professional nursing with the establishment of her nursing school at St Thomas' Hospital in London. It was the first secular nursing school in the world and is now part of King's College London. The Nightingale Pledge, taken by new nurses, was named in Florence Nightingale's honor.

Nurses Day is celebrated around the world on Florence Nightingale's birthday.



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The Importance of Looking After Your Mental Health While Caring for a Loved One

For many, there comes a time when the call to provide care to a loved one arises. Whether you are caring for a parent, spouse, child or friend, the responsibility can be heavy to hold. The physical and emotional demands often involved when caring for a loved one can be tiring and time consuming. With a myriad of tasks at hand, taking time to plan a self-care activity may seem too indulgent. While placing the needs of others before our own is commonly viewed as a noble and selfless act of love and care, it tends to come at an expense over time. It is important to set boundaries and create space for personal care to maintain well-being and avoid burnout.

If you find yourself in a caretaking role, it's valuable to take a step back and consider what it is that you need. This looks different for everyone. Living in the role of a caretaker can bring about both positive and negative emotions and experiences. While it is natural to experience a variety of emotions, it is a good idea to practice self care regardless of if the experience at the time is positive or negative.

Many may find purpose, belonging and happiness while caring for a loved one. However, even when the experience is positive, it is recommended that the caregiver continues to engage in self-care activities in order to maintain a sense of purpose. This will help create a support system that can continue to be utilized even when the need to help is no longer required.

On the flip side, it is also very normal to experience stress, fatigue, anxiety, anger and sadness. When negative emotions arise, take a moment to reflect inwards and address what



direction of care feels right to you. Self-care looks different to everyone and often varies based on the need present at that specific time. There are no strict guidelines that stipulate what proper self-care looks like. Only you can determine what need needs to be met at the time of your experience.

Self-care activities can vary significantly. This may involve setting time aside to acknowledge your experience and work through the emotions that arise with a close friend, family member or perhaps a counsellor. Or you may decide that you could really use a break and may choose to disconnect from those feelings and engage in an activity that allows for that such as, watching tv, reading a book or catching up with a friend.

Exploring what you need allows you to establish healthy boundaries. This can provide relief, bring joy and maintain peace for not only you but those around you as well. Remember, you cannot pour from an empty cup. Make self-care a priority.

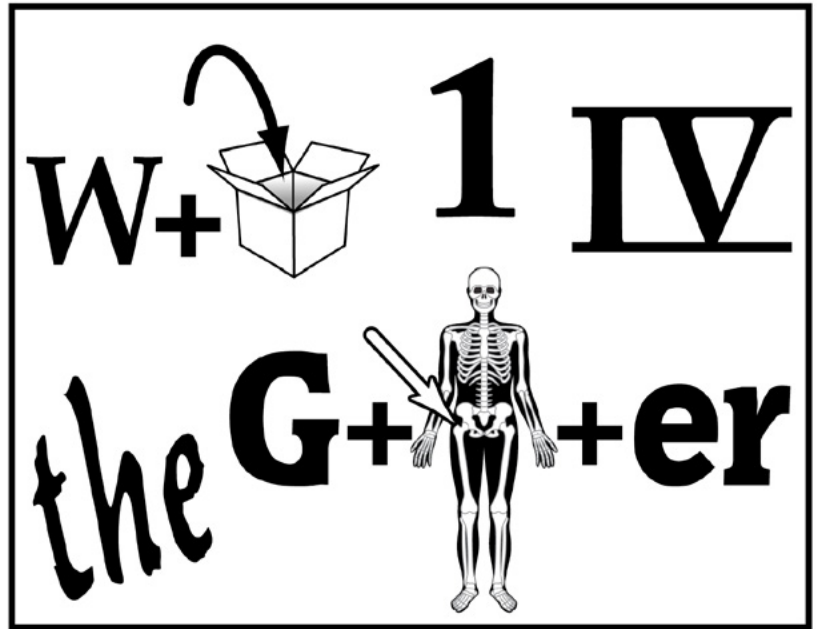
**Written by: Jessica Fernandes, BSW Intern
Interfaith Counselling Centre**

May Puzzles!



Concentration Puzzle

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



Wacky Wordies #7

Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



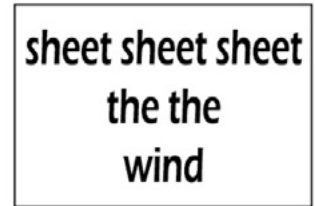
1. _____



2. _____



3. _____



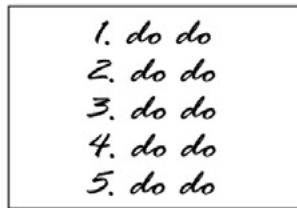
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6. _____



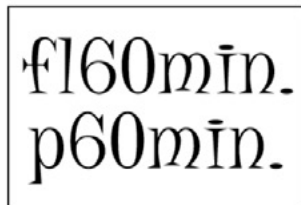
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8. _____



9. _____



10. _____

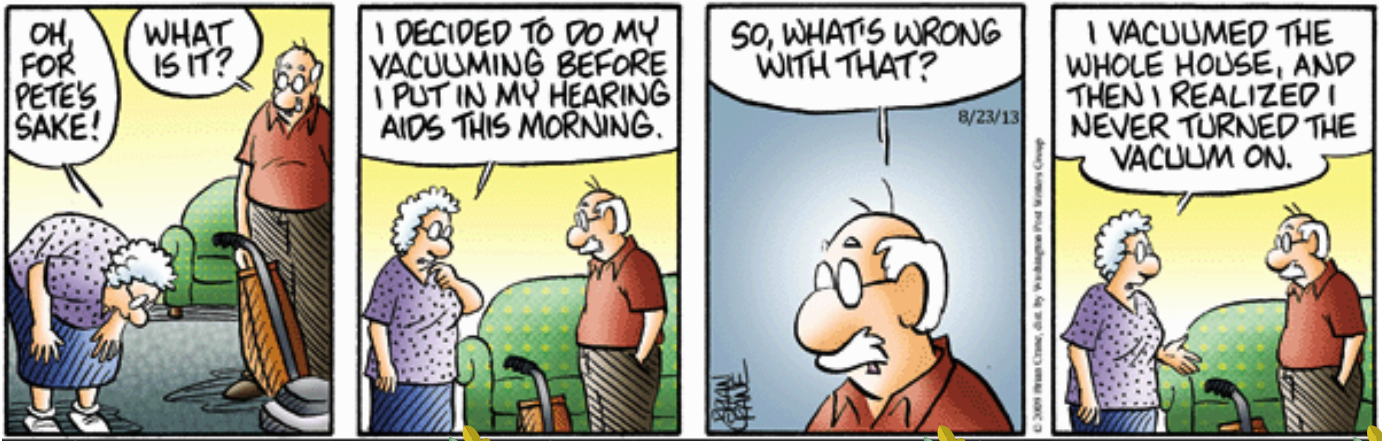


11. _____



12. _____

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

- MeMe's Café New Hamburg (outside magazine stand)
- Sobey's New Hamburg (outside magazine stand)
- Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

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

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou's Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob's

Solutions



Concentration Puzzle: Win One for the Gipper

Wacky Wordies #7

1. An eye for an eye
2. Figure it out
3. Cut grass
4. Three sheets to the wind
5. Beautiful (B – U – T full)
6. Checkmate
7. To-do list
8. Extension cord
9. I was framed
10. Flower power
11. Self reflection
12. Tennessee

Woolwich Community Health Centre Upcoming Events In May 2023

Healthy Cooking Series with Mandy

Monday, May 8th from 2:00 – 3:00 PM

The Healthy Cooking Series continues! Join us on Zoom with Mandy as she provides us with delicious healthy recipes each month and shows us step-by-step how to prepare the dish.

Consider it your very own interactive cooking show! So far, we have cooked amazing dishes together, from Pizza Bowls, Tofu Stir Fry, and Cajun chicken salad! We are all looking forward to what Mandy has in store for us in May.

Once you register, I will then send you the recipe and Zoom link for the next class. These classes happen once a month this year until June. Join us and cook with us at our next session on May 8th from 2:00 – 3:00 PM!

Spring into Action!

Wednesday, May 17th from 1:30 – 3:00 PM

Combining gardening and physiotherapy to create the ultimate gardening guide, Spring into Action is a great way to get you into “gardening shape”!

Join us in person at our community garden at 10 Parkside Dr. in St. Jacobs as our physiotherapist and physiotherapist assistant, Bernadette and Kenrick, explore ways that you can get your body ready for spring gardening, potting, planting, digging and yard work!

Learn ways to prevent injuries by being aware of your posture, using your joints and muscles effectively and trying various joint friendly tools. This event will take place on May 17th from 1:30 – 3:00. Limited spots available, register early!

Young at Heart – Adult Game Night

Thursday, May 25th from 5:30 – 7:30 PM

The Young at Heart – Adult Game Night series is a chance for you to socialize in person with others and participate in games of your liking!

This can include Euchre, Bingo, card games, chess, checkers, various board games, and some participants have been bringing their own unique games!

This series takes place across the townships. The next session will take place in Wellesley at 1000 Maple Leaf Street.

Positive Parenting Strategies

Tuesday, May 30th from 12:00 – 1:00 PM

Join us as we explore strategies & ideas for positive ways to navigate life with kids ages 5-12.

We will discuss ways to connect with our children, support their emotional needs, and look at ways to manage difficult behaviours and communicate effectively.

This session will be facilitated by our registered psychotherapist, Jannah Tudiver. Join us!

If I Get Dementia

If I get dementia, I'd like my family to hang this wish list up on the wall where I live. I want them to remember these things.

If I get dementia, I want my friends and family to embrace my reality. If I think my partner is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.

If I get dementia, don't argue with me about what is true for me versus what is true for you.

If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.

If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.

If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.

If I get dementia, ask me to tell you a story from my past.

If I get dementia and I become agitated, take the time to figure out what is bothering me.

If I get dementia, treat me the way that you would want to be treated.

If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat, I get angry, and if I have dementia, I may have trouble explaining what I need.

If I get dementia, don't talk about me as if I'm not in the room.

If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, seven days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.

If I get dementia and I live in a dementia care community, please visit me often.

If I get dementia, I don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.

If I get dementia, I make sure I always have my favourite music playing within earshot.

If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.

If I get dementia, don't exclude me from parties and family gatherings.

If I get dementia, know that I still like receiving hugs or handshakes.

If I get dementia, remember that I am still the person you know and love.



The #IGWalkForAlz
is open for registration!

Join Us May 27 for
a walk in Kitchener,
Guelph and Mount
Forest.

Register at
www.alzheimerww.ca

Still Like a Rolling Stone



Bob Dylan – the musical genius from the ‘50s folk scene and through to the ‘60s counter-culture – remains a poet with the words of a storyteller set to music. Awarded the Nobel prize for literature for a lifetime of poetry, the literary world was rocked: first time for an artist mainly known as a musician to win.

Explaining its rationale for choosing Dylan for this honour, spokesperson Sara Danius stated it was, “... for having created new poetic expressions within the great American song tradition.”

Bob Dylan himself said, “It’s not easy to define poetry.”

He’s also been influential to other poets like Leonard Cohen – to whom Dylan said was the best next to him – for using music to more effectively communicate their works. As John Lennon explained about song writing, “It’s like sending a postcard... not much space to say a lot.”

My first introduction to Dylan was in an English Literature class. It seems strange now, but up to then I mainly listened to the music. Perhaps the lyrics didn’t have much to say, but he opened different perspectives for me to consider. And, as the Beatles evolved, I was ready for new possibilities.

Still Like A Rolling Stone

“You don’t need a weatherman to know which way the wind blows”

– Subterranean Homesick Blues by Bob Dylan
[Watch on YouTube](#)

Journalist, Bill Wyman, in support of Dylan, said, “His lyricism is exquisite; his concerns and subjects are demonstrably timeless; and few poets of any era have seen their work bear more influence.

Salman Rushdie tweeted “From Fran Orpheus to Faiz, songs and poetry have been closely linked. Dylan is the brilliant inheritor of the bardic tradition. Great choice.”

As The New York Times succinctly put it, “He finally got the prize because he re-arranged the way we all think.”

One thing for certain... Dylan will continue to acknowledge whatever recognition – musical, humanitarian, artist or writer awards – with equal skepticism.

And, who can blame him when the public is so fickle: supporting him today... condemning him tomorrow? For example: showing up at the 1965 Newport Folk Festival, with an electric Fender Stratocaster guitar – causing shock waves of negative reaction.

Unfortunately, the ‘Folk’ community felt betrayed because Dylan seemed to be going against the very values – like traditional authenticity – their protest music represented. Looking back, it’s a shame that guitars, not peace, became a focal point... like holding a “gun” to each other’s head.

Bob with folk singer and social activist Joan Baez

Yet Dylan said, in a Martin Scorsese produced documentary, It was electric because he simply needed more volume to be heard. “Country music was going electric too... I felt it didn’t have anything to do with me.”

Yet, the inflexibility within people’s hearts and minds seems so sadly similar to today. Like so many artists before him, he’s paid a deep price for his art.

So, thank you Mr. Z! You’ve gotten us feeling critically creative, again: embracing change. Great music, like great poetry, lasts. His words are as true today as they were yesterday.

**“Come gather ’round people
Wherever you roam
And admit that the waters
Around you have grown”**

– The Times They Are A-Changin’ by Bob Dylan
[Watch on YouTube](#)

And as Maya Angelou observed, “...people will forget what you said... what you did... but people will never forget how you made them feel.”

That’s the way I figure it – FP



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

Find him at www.fredparry.ca

How Laughter Can Keep Seniors Healthy

Article provided by Promyse Home Care

The act of laughter has a tremendous ability to add some welcome relief and radiance to daily routines. Laughter emerges as the physical manifestation of a variety of emotions we encounter on a regular basis. Feelings of happiness, joy, and elation can provide a boost of energy to help tackle daily tasks and activities.

Many of us often associate laughter simply with behaviours or reactions that express positive feelings or comprehension of humour. However, laughter has a deeper connection with overall health. The reality is that laughing is linked to processes within the body that make it capable of improving various aspects of health, both mental and physical.

Engaging in activities, interactions, and experiences that promote laughter can help facilitate reactions and processes that are hugely beneficial for older adults. Merriment can also help manage or combat some of the challenges faced on a daily basis.

In the following article, the Alzheimer's Association discusses Billy Crystal's film "Here Today" and the benefits of laughter for those with **Dementia**. (Available on Prime Video)

[Billy Crystal Brings Light to the Darkness of Dementia \(link\)](#)

HEALTH BENEFITS OF LAUGHTER

Laughter is more powerful than simple fun and enjoyment. The act of laughing has the ability to yield great benefits to seniors' mental and physical health.

Some health components laughter can have a positive effect on include the following:

- Immune function
- Blood pressure and cholesterol
- Exercise
- Endorphins
- Anxiety and depression
- Pain
- Cognition
- Connection



IMPROVED IMMUNE SYSTEM

Whenever you laugh, it has the effect of reducing the level of stress hormones produced by the body, like cortisol. Excess levels of stress hormones put a strain on the body, increasing heart rate, blood pressure, and blood sugar. When stress hormones are reduced by laughter, this helps increase immune function to fight off infection and illness.

LOWERED BLOOD PRESSURE AND CHOLESTEROL

Blood pressure and cholesterol are two factors linked with cardiovascular disease. Laughter causes an increase in vascular blood flow, essential oxygen, and nutrients to the brain and other organs. This increased blood flow also helps keep blood vessels and arteries from constricting and hardening.

Laughter leads to the release of nitric oxide, which helps reduce inflammation and the formation of cholesterol plaque.

EXERCISED DIAPHRAGM AND ABDOMINAL MUSCLES

The engagement of these crucial muscles through laughter helps to keep them in shape and working as proficiently as possible. Aside from these targeted muscles, laughter invigorates almost all body systems, improving physical fitness.



HEIGHTENED ENDORPHIN LEVELS

Endorphins are chemicals released by the body which help relieve pain or stress and promote feelings of pleasure and well-being. Laughter triggers the release of these feel-good chemicals to lift moods and overall health.

MINIMIZED STRESS, DEPRESSION, AND ANXIETY

Dopamine and Serotonin are other chemicals in the body that help manage stress and anxiety. These chemicals are also released through laughter and can be hugely impactful in minimizing feelings of anxiety and depression.

PAIN MANAGEMENT

One way laughter can assist with pain reduction is through the promotion of endorphins, which are often referred to as the body's natural painkillers. Laughter can also serve as a competent tool for distraction, redirecting attention away from pain and thereby minimizing its effects.



COGNITION

By reducing stress in the brain, laughter can help improve cognitive function. Regular laughter has been associated with improved memory and the capacity for critical thinking.

CONNECTION

Social activity is essential for overall health, and laughter is a great way to form a deeper connection during social interaction.

ADD SOME LAUGHTER TO YOUR LIFE

We all hope that laughter will play a prevalent role in day-to-day life to keep spirits high and avoid depression. The unfortunate reality for a large number of older adults is that laughter is often a less frequent visitor as conditions change and seniors grow more isolated.

Residing at home alone, and dealing with various challenges that come with age, can increase stress and decrease opportunities for laughter. For this reason, it is imperative to make a conscious effort to find reasons to laugh every day.

Spending time with friends and family and participating in enjoyable activities, like watching favourite movies and TV shows, and reading books, offer excellent opportunities for laughter.

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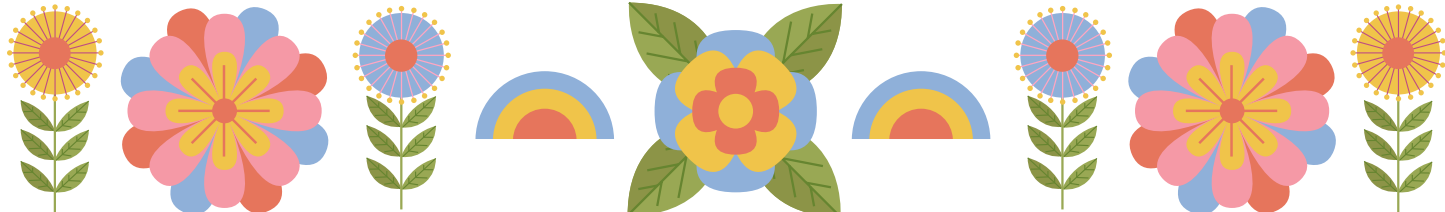
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You may have heard that it's important to take the emotions out of investing. But is this true for all emotions?

Certainly, some emotions can potentially harm your investment success. Consider fear. If the financial markets are going through a down period – which is actually a normal part of the investment landscape – you might be so afraid of sustaining losses that you sell even the investments that have good prospects and are suitable for your needs.

Greed is another negative emotion. When the financial markets are rising, you might be so motivated to “cash in” on some big gains that you will keep purchasing investments that might already be overpriced – and since these investments are already expensive, your dollars will buy fewer shares.

In short, the combination of fear and greed could cause you trouble.

But other emotions may prove useful. For example, if you can channel the joy you'll feel upon achieving your investment goals, you may be more motivated to stay on track toward achieving them. To illustrate: You may want to see your children graduate from post-secondary school someday. Can you visualize them walking across the stage, diploma in hand? If so, to help realize this goal, you might find yourself ready and willing to contribute to an education savings plan such as an RESP (Registered Education Savings Plan). Or consider your own retirement: Can you see yourself traveling or pursuing your hobbies, or taking part in whatever activities you've envisioned for your retirement lifestyle? If you can keep this happy picture in mind, you may find it easier to maintain the discipline needed to consistently invest in your TFSA (Tax Free Savings Account), RRSP (Registered Retirement Savings Plan) or other investment accounts.

Another motivating force is the most powerful emotion of all – love. If you have loved ones who depend on you, such as a spouse and children, you may want to protect their future. One key element of this protection is the insurance necessary to take care of your family's needs – housing, education and so on – should something happen to you. Your employer may offer group life insurance coverage, but it might not be sufficient, so you may want to supplement it with your own policy.



The Right Emotions Can Be Useful in Investing

Everyone hopes to be healthy throughout life. But long-term care requirements as you get older could prevent you from enjoying the things you do today. That's why your financial strategy needs to help protect the assets and lifestyle you've worked hard to build. This type of care, such as an extended nursing home stay, or the help of a personal support worker, is extremely expensive, and, for the most part, is outside the reach of provincial health care plans. So to pay for long-term care, you might have to drain a good part of your resources – or depend on your grown children for financial help.

To keep your financial independence and avoid possibly burdening your family, you may want to consult with a financial professional who can recommend a strategy and appropriate solutions to cover long-term care costs.

By drawing on positive emotions, you can empower yourself to make the right financial moves throughout your life.

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This article was written by Edward Jones for use by your local Edward Jones financial advisor.



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Grandparent scams / Emergency scams



A scammer contacts an elderly person and pretends to be a grandchild or a family member in some kind of trouble and in need of immediate financial assistance. In this typical scenario the scammer will tell the victim that they have been arrested and requires bail money, have been in a car accident, need money to cover hospital costs or are having trouble returning from a foreign country. For verification, the elderly person is given a phone number to call, which will be answered by someone pretending to be a lawyer or a police officer.

The scammer will ask questions during the call, getting the victim to volunteer personal information. The “grandchild/family member” will insist that the victim not contact their parents or relatives as they don’t want to get into more trouble. The victim is then asked to use a money service business to send several thousands of dollars for bail.

Prevention tips

- ☑ Police, judges or legal entities will never request that money be sent through money service businesses.
- ☑ Don’t give out personal information to the caller.
- ☑ Confirm with other relatives the whereabouts of the family member or friend in question before even considering sending money.
- ☑ Never send money through money wire services to persons you don’t know personally. Verify the person’s identity before you take any steps to help. The money can be picked up anywhere in the world once it is given a transaction number.

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



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Ask the Expert: Mercedes Kay Gold

Certified Nutritional
Practitioner and Certified
Mobile Personal Trainer



I know vitamin D3 is an important but why should I take it with vitamin K2?

- Question from Gunta Towsley

Vitamin D or the sunshine vitamin is also a hormone. The body can produce it once sunlight hits the skin but even though summer may be on its way, there's a catch. Sunscreen blocks the production. Whether you are a gardener or golfer, supplementing is smart! Be mindful you are indeed taking D3, not the synthetic form D2.

Vitamin D increases calcium, key to maintaining strong bones and teeth. The amount of vitamin D in the blood is directly correlated to the cathelicidin concentration in the body. This is a key take away for those who get sick easy.

Vitamin D is a natural microbial, attacking pathogens and fending off viruses. Vitamin D3 is truly a vital vitamin helping the body thrive, especially when there's ample amounts of magnesium, calcium and yes, K2 is key. Vitamin K2 helps move calcium to the right spots. If you are lacking K2, calcium can build up in soft tissue and unfortunately in the arteries. Having a vitamin K deficiency can lead to heaps of heart concerns and cancer, heel spurs, and even kidney stones. There's no test to highlight a need for vitamin K2, but if you have osteoporosis, heart disease or diabetes you are most likely lacking.

Supplementing is super. Choose a D3 paired with K2. Since vitamin D is fat-soluble and stored in the liver, select one set in coconut or sunflower oil for optimal absorption. The ideal ratio of vitamin D and K2 are paired together in a high quality supplement. If you are taking them separately, the average person will require 200-280 micrograms of K2 paired with 1000 iu of vitamin D.

Foodies can find K2 in grass-fed organic animal products. If you love cheese, Brie and Gouda are grand. Plant-based foodies focus on fermented natto. Muscle cramps, nervousness, leaky gut, cracking teeth, excessive cavities, osteoporosis, osteomalacia, joint pain, insomnia, or constipation are all red flags. Do you eat foods high in vitamin D? Liver lovers are in luck. Grandma was onto something with a daily spoonful of cod liver oil but all fatty fish and egg yolks are great sources of the sunshine vitamin.

Ask your health practitioner to test your vitamin D and go from there but selecting one with K2 is necessary. The recommended daily amount of vitamin D increases with age and other variables so consult your health practitioner before adding any new supplements to your protocol.



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Turkey Quinoa Stuffed Peppers

NUMBER OF SERVINGS: 4

Ingredients

- Turkey or chicken broth 1 cup (250 mL)
- Quinoa ½ cup (125 mL)
- Vegetable oil 2 tsp (10 mL)
- Lean ground Ontario turkey 1 lb (450 g)
- Onion, minced 1
- Cloves garlic, minced 2
- Salt ½ tsp (2.5 mL)
- Red chili flakes ½ tsp (2.5 mL)
- Chopped cremini mushrooms 2 cups (500 mL)
- Chopped spinach 4 cups (1 L)
- Crumbled goat cheese ¼ cup (60 mL)
- Large red bell peppers, tops cut off and ribs removed 4

Directions

1. In saucepan, bring stock to boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.
2. Meanwhile, in large non-stick skillet heat oil over medium-high heat, brown turkey, breaking into small pieces with the back of a spoon. Transfer to plate.
3. In the same skillet, cook onion until tender and golden, about 7 minutes.
4. Stir in garlic, salt and chili flakes and cook 1 minute.
5. Stir in mushrooms and cook until golden and no liquid remains.
6. Remove from heat and stir in spinach, quinoa, and reserved turkey. Sprinkle with goat cheese. This mixture can be made up to 2 days in advance.
7. Spoon mixture into hollowed peppers and bake in a 375°F (190°C) oven until peppers are tender crisp and filling is hot, about 20 minutes.

NUTRITION PER SERVING

Calories 330 | Protein 37g | Fat 7g | Carbohydrates 32g | Fibre 7g | Sodium 460mg



Turkey is a lean meat which means it is low in saturated fat. The risk of heart disease increases with age, so it's important to choose foods lower in saturated fat to help reduce the risk.



Freeze the filled peppers and bake another day for a quick meal.



"Get all your ingredients ready before starting. It tasted good and it's very healthy ingredients wise."- Suzanne, 69

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Buying or selling a home can be a stressful process if you don't have the right real estate agent. With 18 years of experience, you can rely on Alison Willsey and her team of trusted professionals to get you the best possible result. CALL ME ANYTIME for a FREE Market Evaluation of your home and/or property.

WHEN WORKING WITH BUYERS:

- Guide you in your search and set up automatic notifications so you can see new listings as they come on the market.
- Identify potential problem areas in a home and provide guidance
- Set up appointments for private showings of homes of interest.
- Research property values to ensure that you are making the right offer.
- Negotiate on your behalf with your best interests in mind.
- Assist you in securing financing and advise you of legal options.
- Recommend home inspection and contracting services, as appropriate.

WHEN WORKING WITH SELLERS:

- Provide a comparative market analysis to help sellers determine the listing price and what to expect.
- Provide detailed action plans through every step of the process.
- Create a customized marketing plan for each specific property
- Expert negotiation services to ensure that the sellers' interests are protected.
- Guidance to the sellers through every step of the transaction.


ALISON WILLSEY
REAL ESTATE BROKER

CONTACT:

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RECENTLY SOLD PROPERTIES

Check out my website www.willseyrealestate.ca



CALL ALISON TO SELL YOUR HOME OR HELP YOU PURCHASE AND MAKE SOUND REAL ESTATE DECISIONS THAT ARE RIGHT FOR YOU!

Call Alison Willsey, Real Estate Broker, to introduce you to the current market! You can have full confidence in partnering with Alison to sell your home & property successfully. Let her put her KNOWLEDGE and EXPERIENCE to work for you. Alison has a skilled group of professionals whom she works with to ensure all transactions are smooth. She prides herself on her attention to detail, responsiveness, to all questions regarding the process...big or small. She is professional not only in her dealings with her clients but also with her fellow colleagues. Make a move with her and let her help you navigate this process to make real estate decisions that are right for YOU!!

