

FREE!

EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot & Wellesley Township

ISSUE 5 JANUARY 2019

www.embracingchange.ca



FEATURE BUSINESS OF THE MONTH

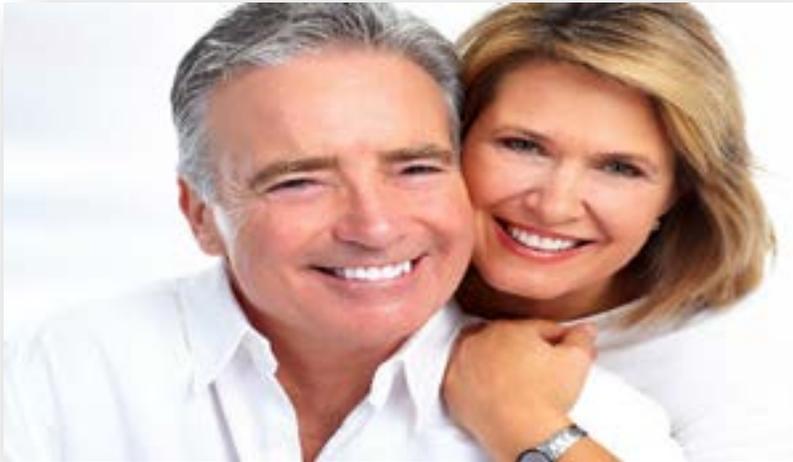
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DR MIYEN KWEK

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Embracing Change

EDITOR'S LETTER



TARA BOTT (HELD), EDITOR-IN-CHIEF
FOLLOW ME ON 
www.facebook.com/EmbracingChange
Email: embracingchangeinfo@gmail.com

HAPPY NEW YEAR!

As we welcome a brand new year full of promise, we often think of goal-setting. Have you ever set a resolution you didn't keep? I have, many times! For years I've been trying, unsuccessfully (until now), to convince myself that I don't need to set resolutions in order to achieve my goals. In a perfect world, you would see a check mark beside each resolution while still having time to finish your responsibilities, enjoy all of your hobbies, see the people that matter most, and do so without compromising your health, money, or relationships. What many of us don't anticipate is what I call the distraction vortex - the

unpredictable side of life that can derail our best-laid plans. So this year, instead of listing all of my big, beautiful goals for 2019, I'm writing a personal mission statement. It's my very own declaration of who I am, what I stand for and what my contribution to this world will be. I guess you could say it's my conscious call to action. This way, when I'm knee-deep in a time or life hack, I'll be able to make a decision based on my mission in life, and know it's aligned with what makes me happy and what matters most.

Today, as I'm writing this, I'm actually happy to see the snow. I can say with a degree of certainty it's not because I love winter. But instead, because I truly appreciate the beauty that it brings. As I look out my home office window there's a light dusting of snow on the trees surrounding our home. It's such a cozy feeling when it's blustery outside and you're feeling warm inside, cuddled up by the fire or under your flannels. Yet sometimes the winter months can cause us to feel a little down and isolated. In this issue you will find some helpful tips on how to prevent the winter blues. I also encourage you to get out and enjoy all of the wonderful programs and social activities we have around our amazing Community. Check out the "What's Happening" section on Pages 14-15 to see all of the fun ways you can connect with others and help to make those grey days a little brighter.

Warm wishes for a happy and healthy 2019!

Tara

ON THE COVER

This photo of Dave & Marie Albrecht was taken in their back yard in Baden to celebrate their 50th wedding anniversary last year. They held a joint celebration with Marie's brother and his wife at the New Dundee Missionary church.

ABOUT THE PHOTOGRAPHER

Chloe Skowron is a graphic designer, illustrator and artist from Waterloo, Ontario.

Contact her or check out more of her work here:

heyitschloechristine.com



Editorial Policy & Disclaimer:

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

Flashback Photo

Skating on frozen ponds and on the Nith River was a favourite pastime for many people in January.

Nearly 115 years ago, this photograph was captured of John Lautenschlager in costume and on skates taken about 1905. This whimsical photo shows the man from behind the camera as John Lautenschlager was a photographer in New Hamburg.

He was born in Wilmot Township in 1867. He was first an apprentice in 1891 for a photographer in Berlin named H.A. Huber. In 1894, after gaining valuable experience from Huber, Lautenschlager purchased the photo business of Frederick S. Johannes in New Hamburg who was a local photographer from 1888-1894. The year 1894 was a big year for Lautenschlager. Not only did he purchase a new business, but he also married Eliza Rau.



JOHN LAUTENSCHLAGER

Photo submitted by Tracy Loch, Curator/Director
Castle Kilbride Historical Site

Eliza and their children became his muse for the next three decades. In 1903, Lautenschlager purchased the building at 91 Huron Street in New Hamburg and this block is still known as the Lautenschlager Block. John Lautenschlager was incredibly successful with his business and he photographed hundreds of families in New Hamburg and surrounding area.

His work has become the basis for the archival collection for the Township

MESSAGE FROM ROSSLYN BENTLEY

EXECUTIVE DIRECTOR, WOOLWICH COMMUNITY HEALTH CENTRE

Hi I'm Rosslyn Bentley, the new Executive Director at the Woolwich Community Health Centre.



Being new myself to the community I thought it fitting I get to welcome you to 2019! As someone who has worked in healthcare for over 30 years I look forward to the excitement of new resolutions each New Year. We all know however that it's pretty hard to keep any resolution especially one that tries to shift the habits of a lifetime. That's why working at the Woolwich Community Health Centre is so special: for example Joy who brings creative vision and a passion for wellbeing to our community wellness programs; Heidi who champions farm safety and connecting with our Mennonite community; Physiotherapist Bernadette who helps us walk tall and proud, and our Diabetes team who offer advice on nutrition and foot-care as well as education about healthy lifestyles. With support like this you will always have encouragement and tips to side step the bumps in the road to success.

We also have great neighbours: in our building in St Jacobs we have pharmacy and dental services as well as many partners from other agencies like the Community Mental Health Association, House of Friendship and Hospice of Waterloo Region. Like any rural organization we are indebted to the community for founding us 35 years ago and to all our local partners like Woolwich Community Services and Community Care Concepts who are integral to the close knit community of support. We would certainly not be where we are today without everybody's support, thank you.

The warm welcome to me has been extraordinary: I feel very much at home. We hope you feel connected too.

Happy 2019 and don't forget to check our website for information on the services we offer www.wchc.on.ca



Rosslyn



Where your journey begins...
Let our experience guide you.

(519) 662-3150

Hours: Mon. to Fri.
9AM to 5PM

The Incredible Benefits of Owning a Pet Later In Life

More and more scientific study is documenting the very real benefits owning a pet can have for any pet parent, but especially for older adults. Having a four-legged companion is an excellent way to ward off isolation and depression, and has even been shown to reduce rates of heart disease and even lower cholesterol.

Seniors who own pets admit to talking to them daily, providing a sense of socialization and connection, and there is an undeniable satisfaction that comes with caring for another living thing, providing purpose and happiness to everyday life! The daily routine that comes with owning a pet like a cat or a dog provides a sense of structure. Things like feeding, exercising, bathing and cuddling done on a daily basis are shown to support cognitive function, memory, and recall. Grabbing a leash and taking a dog outside for a walk, even short ones for those with mobility issues provides much-needed exercise and fresh air. Connecting with other pet owners at the dog park or while out and about, provide opportunities for new human connections too.

There are so many reasons to consider owning a pet as an adult later in life, most importantly the incredible health benefits and the opportunity to love and care for another living thing with the promise of having that love and affection returned in big ways!

TLC Pet Food is made fresh & delivered free to your door! Visit tlcpetfood.com to learn more or phone 1-877-328-8400 for assistance creating an account and placing an order.



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Pharmasave

Seasonal Affective Disorder also known as SAD or the winter blues is best characterized as periodic, seasonal bouts of low mood which peaks in late January or February.

Some people begin feeling the effects earlier, when they begin noticing the days getting shorter. Individuals suffering from SAD also tend to experience increased lethargy, cravings for carbohydrates, increased sleep times, day time drowsiness and decreased activity levels.

For many patients the winter blues can be somewhat mitigated by light therapy which involves exposing patients to bright artificial light for a certain time period. How this helps is not fully understood but its thought to result in increased serotonin (a feel-good signaler) in the brain.

Most studies recommend exposure to 10000 Lux light for 20 to 30 mins per day. Improvement is normally noted during the first week of treatment but should be continued for the remainder of the winter months. To get the best effect stay within a meter of the light source, with eyes open, but not staring directly at the source. Its not clear what time of day is best for treatment, but most experts agree to avoid exposure late in the day.

Light therapy is not suitable for everyone. If you have been diagnosed with mania speak to your health care professional first, as exposure to bright light can induce manic episodes. Also, if you have any ongoing concerns regarding your eyes review light therapy treatment with your doctor first.

When purchasing a light therapy product remember to look for a source with UV filtered light emitting 10000 Lux. These devices can be expensive so renting one first from your local Home Health Care store may be a good option. Make sure to review the different models of SAD lamps as one maybe be better than another depending on how and when you plan on using the device.

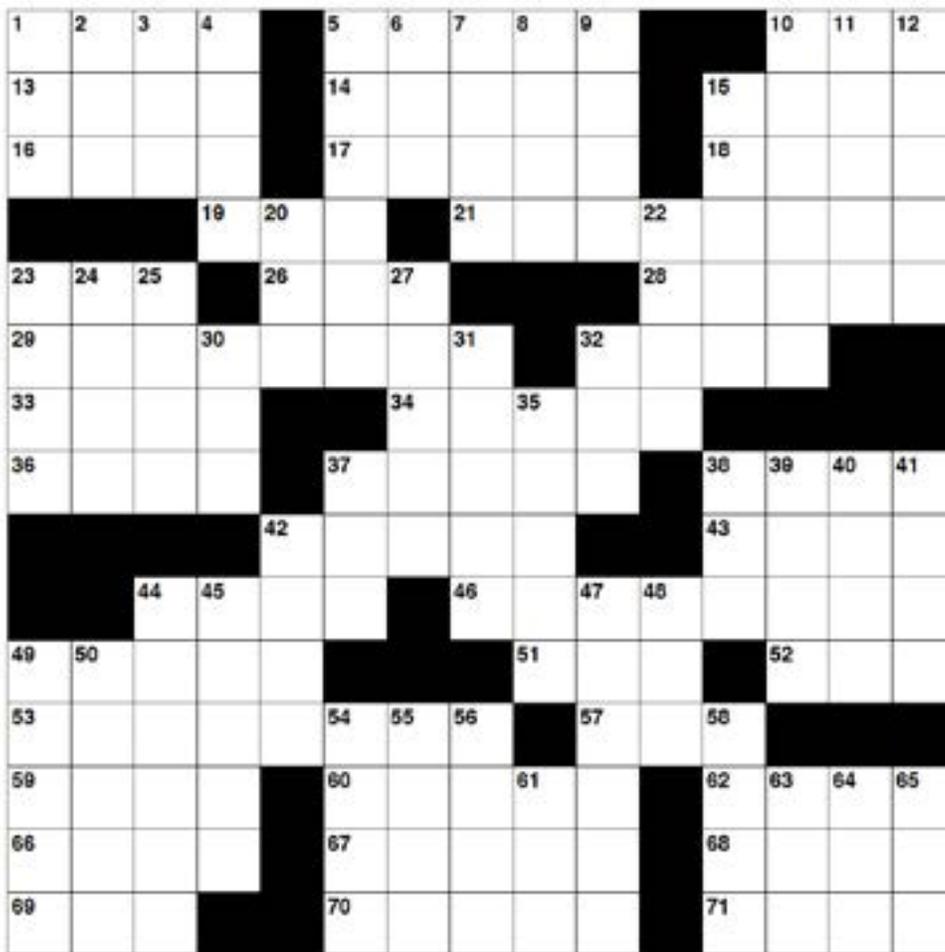
Abhay Patel

Town Square Pharmacy and Home Health Center



FUN & GAMES

CROSSWORD



By Evelyn Johnson - www.qets.com

SOLUTIONS FOUND ON PAGE 16

DOWN

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

ACROSS

- | | | |
|----------------------------------|--|----------------------|
| 1 American oriole | 32 Frost | 60 Desert plants |
| 5 Lotion ingredients | 33 Presentation | 62 Belief |
| 10 Resort hotel | 34 Word with home or in | 66 Germ |
| 13 Siamese | 36 Took to court | 67 Pathway |
| 14 Shred (2 wds.) | 37 New Year's Day | 68 Thaw |
| 15 Actor Alda | 38 Interbreeding population within a species | 69 Dress edge |
| 16 Pops | 42 Ticket | 70 Brass instruments |
| 17 Musical production | 43 Among | 71 Women's magazine |
| 18 Marketplace | 44 Appearance | |
| 19 Short-term memory | 46 Fatiguing | |
| 21 Small pieces of colored paper | 49 Before | |
| 23 Aged | 51 Evening | |
| 26 Type of meat | 52 Ball holder | |
| 28 Does what their told | 53 Water rodents | |
| 29 Greek god of wine and revelry | 57 Inclined | |
| | 59 Island | |



Laughing Matters!

Grandma Marge was sitting outside her house appreciating the afternoon when a police car pulled in and out came Grandpa Morris. The polite policeman explained that Grandpa was lost in the park. "Oh, Morris, you've been going to that park for over 30 years!" said grandma Marge. Leaning close to his wife so that the policeman could not hear, Grandpa whispered, "I wasn't lost. I was just too tired to walk back!"

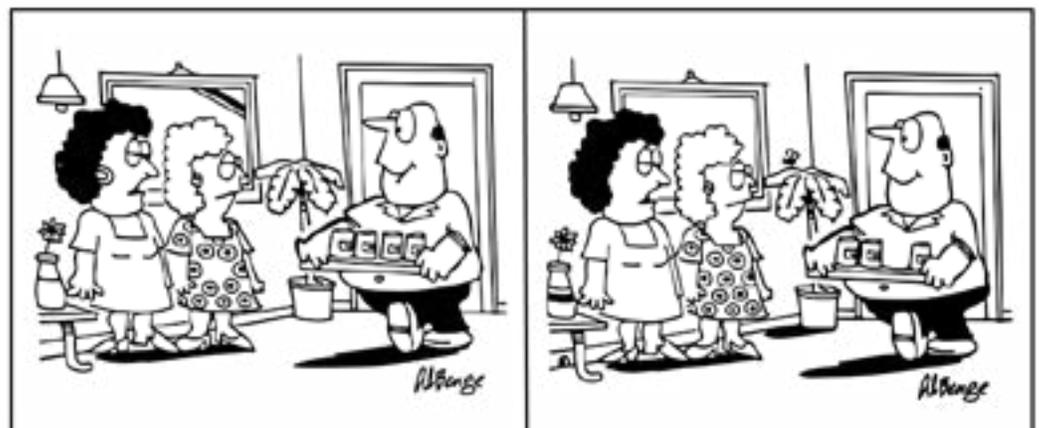


An elderly farmer in Florida had a pond down by his fruit orchard in his backyard. One evening he decided to go down and get some fruit and he took a five gallon bucket with him. As he approached, he heard voices and laughing. As he came closer, he saw a bunch of women skinny-dipping in his pond. When the women noticed his presence they all went to the deep end. One woman shouted: "We are not getting out until you leave!" The farmer thought for a second and then said: "I didn't come here to see you!". Lifting the bucket above his head he continued: "I'm here to feed my pet alligator!"

SPOT THE DIFFERENCE!

They look the same but there are 10 flaws to be found! See how many can you spot.

Answer can be found on page 18



ON THIS DAY

- **1801** Great Britain, Scotland and Ireland unite, founding the "United Kingdom"
- **1818** Mary Shelley's *Frankenstein; or, The Modern Prometheus* is published anonymously.
- **1863** The 'Emancipation Proclamation' is issued by Abraham Lincoln to free slaves in US confederate states.
- **1960** Johnny Cash plays first of many free concerts behind bars.
- **1966** #1 Hit: Simon & Garfunkel - *The Sound Of Silence*
- **1999** "Caution Cigarette smoking may be hazardous to your health" warning started appearing on cigarettes.
- **1970** #1 Hit: B.J. Thomas - *Raindrops Keep Fallin' On My Head*
- **1972** #1 Hit: Don McLean – *American Pie*
- **1972** Russia is formed following the disintegration of the Soviet Union.

LETTER SCRAMBLE

ICAAFR _____ Continent

KEYNOM _____ Animal

ASTRUN _____ Planet

Who earns a living driving their customers away?
A taxi driver



HAPPY BIRTHDAY



J.D. Salinger

Writer

BORN January 1st, 1919

DIED 2010 (aged 91)

NATIONALITY American

Jerome David Salinger was a literary giant of the 20th century, most widely known for his novel, *The Catcher in the Rye*.

He was in college when he started publishing short stories. Just as his career started to take off, World War II interrupted his life and Salinger was drafted into the army, serving from 1942-44. His short military career saw him land in France during the Normandy Invasion.

In 1951, *The Catcher in the Rye* was published, vaulting Salinger to an unrivaled level of literary fame.

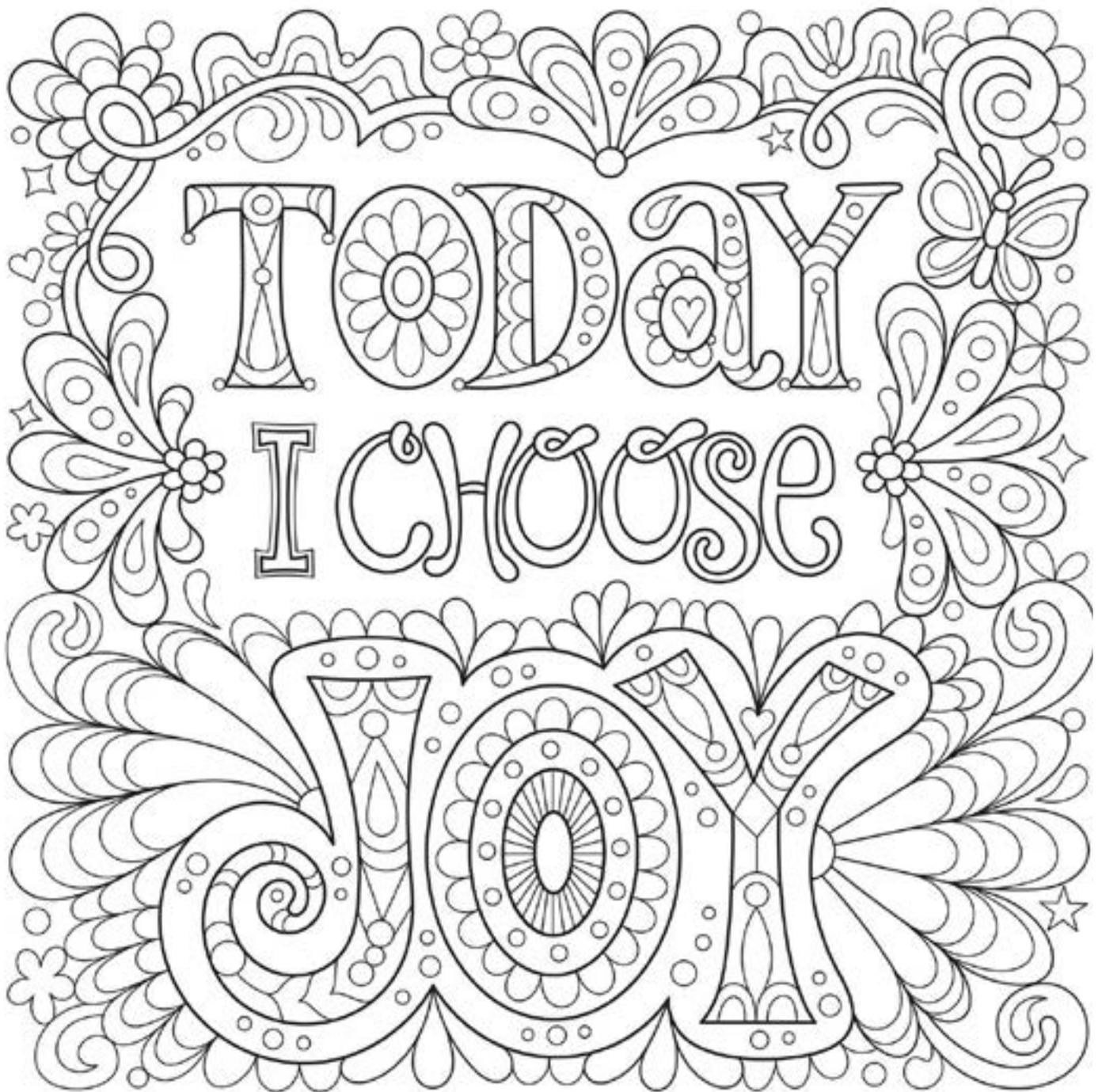
He led a quiet and reclusive life. He was married three times and had 2 children.

I'm a kind of paranoiac in reverse. I suspect people of plotting to make me happy. -- J.D. Salinger



Golden Carers

Colour Me In!



© Thaneeya McArdle, www.thaneeya.com. From *More Good Vibes Coloring Book* © Design Originals, www.D-Originals.com

Heart of the Matter

RIGHTSIZING

Here is a fun (and perhaps revealing!) quiz for you:

- Do you have 12 or more cups and saucers, but only use mugs?
- Do you have records and tapes that no one has listened to in years?
- Do you have old wedding announcements and greeting cards squirreled away from acquaintances you can scarcely remember?
- Does your medicine chest hold bottles of ancient vitamins and antique prescriptions?
- Do you own costume jewelry, pins, badges and brooches that you no longer wear (and for good reason)?
- Do you have a storage area housing decorations that you haven't decorated with for years?

If you have answered “yes” to a couple of these questions, perhaps you also find yourself living in the empty nest and are now thinking about rightsizing.

The most difficult aspect of the rightsizing process is deciding what to do with the treasured belongings that you can't take along with you to your next home. From our experience, donation is probably the quickest and most efficient way to clear items that you no longer use and that aren't able to be passed along to family and friends.

Our website offers some further thoughts on Senior's Moves by Heart of the Matter.

If you need a helping hand in your rightsizing process, Senior's Move can offer:

- ▶ Encouragement from a neutral 3rd party
- ▶ Help in creating a workable timeline for your process
- ▶ Loads of resources that you can explore yourself or have us assist with (junk removal, on-line/live auction, free furniture pick-up, & movers etc.)
- ▶ Physical help to sort through cupboards, closets, attics, basements & garages
- ▶ Taking away donations to the Thrift Shop after our work sessions together
- ▶ Packing, unpacking and set-up of new home

Contact us today to book your complimentary no obligation initial consultation.
Heart of the Matter/Senior's Move
www.heartofthematter.ca

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



CRA & Immigrations Scams

“O” Division (Ontario) Royal Canadian Mounted Police (RCMP) Financial Crime Program warn the public of ongoing scams by imposters claiming to represent Government of Canada agencies such as Canada Revenue Agency (CRA) and Immigration Refugees and Citizenship Canada (IRCC) [Formerly known as Citizenship and Immigration Canada (CIC)].

These types of fraudulent telephone calls are being perpetuated coast to coast, and have impacted victims from many different age groups and cultural backgrounds.

If you or a family member has fallen victim to this fraud, please report to your local police service, as well as the Canadian Anti-Fraud Centre (CAFC). You have two ways to make a report to the CAFC; either by phone at 1-888-495-8501 (9:00 am - 5:00 pm Eastern Time) or through their online reporting tool. <http://www.antifraudcentre-centreantifraude.ca/reportincident-signalerincident/index-eng.htm>

Being familiar with the following information can help you avoid becoming a victim of fraud. We encourage you to share this information.

The CRA will NEVER:

- Use aggressive or threatening language
- Threaten arrest or to send police to your place of residence or employment

CRA does not accept payment by:

- Prepaid credit cards or gift cards (such as iTunes, Google Play, etc.)
- E-Transfer/Digital currency (such as Bitcoin, Steam cards, etc.)
- Wire Transfer (such as Western Union, Money Gram, etc.)

The CRA accepted payment methods are:

- Online banking
- Debit card
- Pre-authorized debit
- Credit card or Pay Pal through a third-party service provider

The persons running these types of scams are also acquiring the technology to create fake phone numbers that appear authentic, with caller ID displays perhaps showing CRA, or Canada Revenue Agency. If you are not sure the call you received is from the CRA, avoid taking any action as a result of pressure or threats from suspicious callers. Confirm the status of your tax accounts and verify whether the communication is really from the CRA by calling 1-800-959-8281 or by checking My Account at www.canada.ca/my-cra-account. You will never be penalized for double-checking that you're talking to the real CRA.

If you or a family member has been a victim, report the fraud to your local RCMP detachment.

This information has been provided by the RCMP.

For more information please see the Seniors Guidebook to Safety & Security at www.rcmp.gc.ca.

Hospice Supports in Woolwich & Wellesley

For the majority of people, when they hear the word “hospice”, they think of bedside care in the last days or hours of life. Most people are surprised to learn that the term “hospice” can refer to a place, a philosophy of care or a collection of services and that hospice services can be initiated up to 18 months before an expected death.

Hospice care has two main focuses - “the relief of suffering and improving the quality of life for those living with or dying from advanced illness or the bereaved.” (Canadian Hospice Palliative Care Association).

Hospice care is “whole person” care, and supports the physical, emotional, practical and spiritual needs of each individual/family. Studies show that the sooner hospice services are initiated, the greater benefit individuals living with a serious illness and their caregivers receive, and patients tend to live longer!

For those living in Wilmot and Wellesley townships, we are very fortunate to have access to hospice programs and services through two separate organizations – the Woolwich/Wellesley Hospice Program (through the Woolwich Community Health Centre) and Hospice of Waterloo Region. Both entities were founded in the early 1990s. Hospice of Waterloo Region was established to bring hospice services to the greater Waterloo Region, and the Woolwich/Wellesley Hospice program was developed by proud rural community members who recognized the desire for hospice services that addressed the unique needs of rural communities. These two organizations have enjoyed a long-standing partnership to provide a wide variety of hospice care services to residents living in rural communities who are living with a life-limiting illness, their caregivers and the bereaved.

The Woolwich/Wellesley Hospice program offers volunteer visiting and respite care to those individuals/families who are affected by a life-limiting illness. They also offer Caregiver Support Groups and a Bereavement Walking Group (Elmira only).

Hospice of Waterloo Region’s programs and services are also available to Wilmot/Wellesley residents to attend and include: a day program for those who are ill; professional counselling for those living with serious illness; complementary therapies program; a caregiver support group; a Bereavement Walking Group; a rainbow bereavement support group; an indigenous bereavement support group; and vigiling support for those in their last 48 hours of life. Next year Hospice of Waterloo Region will be moving to a new palliative care in North Waterloo that will include a 10-bed residential hospice facility that will be accepting admissions from surrounding rural communities.

Both organizations provide all programs and services free of charge!



For ease of access to any of these programs/services, all referrals will flow through a single point of contact. If you would like to make a referral to any program offered by Woolwich/Wellesley Hospice Program OR Hospice of Waterloo Region, please call 519-743-4114.

For more information about either of these two organizations, visit them online at:
www.wchc.on.ca (Woolwich/Wellesley Hospice Program/ Woolwich Community Health Centre)
www.hospicewaterloo.ca (Hospice of Waterloo Region)

January is Alzheimer's Awareness Month

Alzheimer Society Waterloo Wellington offers free support groups, counselling, education sessions, recreational programs, and more. We need your help to continue to offer free and low-cost programs to help all 13, 500 people diagnosed with dementia in our community, and their families. Donate today at www.bit.ly/aswwgift or by calling 519-742-1422.

Alzheimer Society
WATERLOO WELLINGTON

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Sleep	Relaxation
Circulation	Quality of Life
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COMMUNITY CARE CONCEPTS:

Exercise class for seniors!

No Registration Required.
Drop-ins Welcome!

FREE!

WILMOT TOWNSHIP

Wilmot Recreation Complex
Mon, Wed & Fri
8:45-9:30 & 9:45-10:30
Active Living Centre

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

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

Linwood Community Centre

Mon & Wed 2:00-3:00
5279 Ament Line Linwood

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

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

WHAT'S HAPPENING

55+ Active Adults & Seniors

KNOTTING AND QUILTING COMFORTERS

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

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

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

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

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

COST: .50¢

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

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

THE ROOK PLAYERS

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

WHEN: Monday evenings 6:00-9:30 p.m.
(Sept. 10, 2018 - April 29, 2019)

WHERE: Wilmot Recreation Complex

COST: No charge

CONTACT: Cecil Wagler 519-662-2758

WILMOT SENIOR SHUFFLEBOARD

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

WHERE: Wilmot Recreation Complex

CONTACT: George Schmit 519-696-3037

WILMOT SENIORS WOODWORKING & CRAFT CLUB

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

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

WHERE: 27 Beck St., Baden

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

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

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

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

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

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

WILMOT TOWNSHIP SENIORS DROPIN Community Care Concepts

Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more. No registration is required.

WHEN: Mon & Wed 10:30 am-4:00 pm,
Fridays from 9:00 am to 4:00 pm

WHERE: Wilmot Recreation Complex Active Living Centre

CONTACT: 519-664-1900 OR 1-855-664-1900

NEW HAMBURG LANES BOWLING

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

WHERE: 182 Union Street, New Hamburg

CONTACT: James Aoki 519-662-1938

EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

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

RESTLESS SENIORS

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

WHEN: Wednesdays from 1:30 - 3:30PM

WHERE: New Hamburg Legion, Branch #532,
65 Bouleee Street, New Hamburg

CONTACT: George Schmitt 519-696-3037;

Joan Fulton, Secretary 519-662-4821

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)

Christmas Banquet: Nov. 28 2018

WHERE: Wilmot Centre Missionary Church,
2463 Bleams Rd., Petersburg

COST: An offering is taken each meeting

CONTACT: Church 519-634-8687

FREE ADULT & SENIOR SKATE

Come out and enjoy a FREE skate at the Wilmot Recreation Complex.

WHEN: Wednesdays & Fridays; 12:00-12:50pm until the end of March

***There will be no skating Dec 26 or Jan 11

CONTACT: 519-634-9225

*Please check the website for the most up to date cancellations

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

WHERE TO GET YOUR FREE COPY:

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

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
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library
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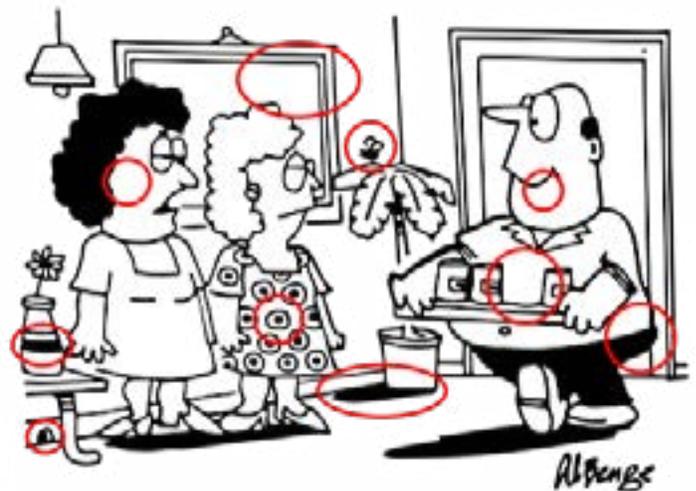
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Now Choosing...My Executor

Many people struggle when deciding who should become the Executor in their Will. I will note a few factors that one should consider.

The first factor is location. It is ideal if the executor is geographically close, because there may be frequent trips to the bank you deal with, to inventory items you have in your home, and to the accountants and investment advisors you have used.

Second, consider availability. Being an executor should be treated as a part-time job. It takes a lot of time to gather and appraise the Estate's items, then sell or distribute them, and provide details and accounting to the beneficiaries.

The third factor is competence. Are you picking someone who is wise enough to realize when they should hire additional professional help? Someone who can understand some financial and accounting concepts, and who can also explain those concepts to beneficiaries if needed?

Fourth, consider trustworthiness. Reflect on which person will respect your wishes, even if some of those wishes are non-binding, and even if they personally disagree with those wishes. Consider who is least likely to try and hide property from others, or use your money to feed their personal addictions.

Lastly, it is helpful if the executor is a peace-keeper, especially where you expect some family tension, such as if you've divided property unequally (on purpose).

We see many people who want to give equal jobs to all of their children to avoid disappointing someone. This is not always the best strategy. Have this conversation during your lifetime (use this article if you wish) while explaining that the job can be difficult and time-consuming. Don't be pressured into a decision, and keep in mind the skills required to do the job properly, for the benefit of all your beneficiaries.

Brittany Zigmond is an articling student at Giesbrecht, Griffin, Funk & Irvine LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300).

This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice

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Rondeau Reflections

BY FRED PARRY



Looking back of my memories growing up on Rondeau Bay, I can honestly say that it's the place where I learned some of my best lessons in life. It happened so long ago, yet through the fog of time, I can still see examples of what life was like – shining out, like a lighthouse seen from the sea. They are now in the form of isolated instances, so I'll have to recall them the best I can from my memories and from those who still remain.

One day I was attending a family reunion in nearby Blenheim, when I met what some would call an old codger. Apparently, a distance relative, he was in his early 90s, with a twinkle in his eyes that belied his rumpled red flannel working shirt, loose-fitting knitted brown tie and a hand-me-down tweed suit jacket; all of which he was wearing in the intense August heat! Simply said, he looked like one those cast away relatives that no one talks to except for grand get-togethers like this one. He had dressed up the best he could.

As he approached me, I also noticed that he hadn't shaved for a couple of days and he had the look of a recluse – but also the look of one who'd had a hard lifetime of working. He had an aura of wisdom blended with kindness about him, and that made him shine out among the throng. Although it seemed as if we had nothing in common, there was something ... 'family'... about him.

Old man look at my life, / I'm a lot like you were.
-- Old Man by Neil Young

"You're Marg's boy, aren't you?" "Yes sir, I am." (I've always been taught to respect my elders and from experience, it has always proved to be sound advice.) He then began a general description of years gone by but was called away by some family well-wishers. He shook my hand, wished me well, and went off to mingle with other relatives. A seemingly nice old man, I wondered why I'd never met him.

When I inquired, someone said, "Oh, that's Barney. He's worth a fortune, you know?" It appears that his rural background was a bit hazy ... something about farming, an antique business, and ... along the way ... rich.

Just how rich? That's where the family's famous 'Cadillac' story comes in.

It seems one day Barney decided to pursue buying a new car at the local GM Cadillac dealership. This in itself was curious because he wasn't an ostentatious man. However, there he was, in the showroom poking his head in through the car windows, checking out the generous interior, when a rather arrogant sounding salesman –after taking one look at his rumpled appearance – came up from behind him and suggested Barney was in the wrong place.

"No," says Barney, "it's definitely a new Cadillac I want." Back-in-the-day, what a beauty she was too! The '59 Caddy was all chrome and fins and seemed to Barney like something a person could really stretch out and enjoy.

With one eye on Barney, to make sure he actually didn't climb into the cavernous interior with his uncouth clothes, the salesman fetched the sales manager – who had just one question – how was Barney planning to pay for it?

Stupefied, he looked at the men and simply said, "Cash." When he realized that they weren't taking him seriously, he suggested, that maybe they should call "old Charlie" down at the local bank – which they did – to see if he was good for it.

After explaining the whole Caddy situation, the bank manager sounded perplexed and then concerned. He asked, "How many does he want?"

It was the best example I've heard of on how not to judge a book by its cover. It also explains the rumpled condition of his clothes; later that day I watched the rear fin ruby tail lights of his 'home on wheels' classic Caddy fade away into the purple glow of a summer's sunset.

Seemed to me, that 'old Barney' had stopped worrying about what people thought of him long ago, and he was happy.

**I've been first and last,
Look at how the time goes past.
But I'm all alone at last,
Rolling home to you.**

Still learning from my elders? Yup!

https://youtu.be/_gyOYf7_wns

"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



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NATURAL HELP FOR INFLUENZA

Influenza season is upon us and there are many options for naturally preventing its onset and helping to support symptoms once present. Let's first be clear at the outset that there is no virus called the "stomach flu." People use that term but they are generally referring to a Gastro-intestinal (GI) virus that causes vomiting and diarrhea. This should not be confused with influenza.

True influenza is a highly infectious virus with symptoms that include fever, body chills, muscle pains, headache and fatigue. A sore throat and a runny nose can also accompany these symptoms. Sudden onset is common and symptoms can last several days or longer. People with the flu are most contagious in the first 4 days after symptoms begin.

Until all fever is gone, care should be taken to prevent contact with our most vulnerable: infants, young children, pregnant women, the elderly, or those with compromised immune systems. There are many effective, natural ways to prevent the flu. It's more difficult for a healthy, strong body to succumb to this virus, so let's consider how we can strengthen immunity:

Stress: We underestimate how much stress negatively impacts us, especially as we age. Chronic and acute stressors impact the body in profoundly negative ways, making us more susceptible to infection. Reduce your stressful demands and resolve conflict.

Sleep: It is important for adults to have 7-9 hours of sleep every night. Afternoon power-naps are also advised when quality night-time sleep isn't achieved.

Healthy food: Eating a "clean, whole-food diet" powerfully influences the immune system. Highly processed foods are not nutrient-dense and their chemical additives aren't biochemically recognized by the body, which weakens immunity. Remove white sugar, flour and highly processed foods from the diet, replacing them with health-promoting foods.

Exercise: The more fit and physically strong you are the healthier and more resilient your body is. Daily fitness will help to strengthen your immune system.

Natural Flu Remedies

- ▶ Oscillococcinum® is one of the most effective homeopathic remedies I have personally ever used to prevent and treat the onset of influenza. Follow package directions.
- ▶ Unpasteurized honey has antimicrobial properties. It helps soothe a sore throat and also works as a wonderful cough suppressant. Check out our local apiary!
- ▶ Ginger has natural anti-inflammatory properties. I like to use fresh, raw ginger. Nibble on a piece, grate it into some hot water (with honey!) or find it in capsule form.
- ▶ Garlic is also antimicrobial and is effective at helping to both prevent and reduce cold and flu symptoms. To maximize benefits, consume in raw or aged form.
- ▶ High-quality probiotics are recommended during and post illness. These good bacteria will help to restore your gut flora, which is an important part of your immune system.
- ▶ Gargle with warm/hot sea salt water as soon as you start feeling sick.
- ▶ Two essential oils, Thieves by Young Living and On Guard by DoTerra are excellent for topical use. Dilute in a carrier oil (coconut or olive oil) and rub on chest and feet.

Wishing you a happy, healthy, illness-free winter!

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

Community Dining For Seniors

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4th Thursday of each month. Cost: \$7.00

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Linwood Community Centre, 5279 Ament Line, Linwood
4th Wednesday of each month. Cost: \$12.00

Wellesley Community Centre, 1000 Maple Leaf St., Wellesley
3rd Wednesday of each month. Cost: \$7.00

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SETTING YOURSELF UP FOR SUCCESS WITH New Year's Resolutions

The New Year is often a time for making resolutions. However, often we set our goals at such a high standard that it is almost impossible to live up to them. According to the American Psychological Association, here are a few tips that can help you to achieve success:

- Start with small steps. Setting goals that are within reach and achieving them gives you encouragement.
- Start with one thing that you want to change. Your habits didn't develop overnight. Don't feel that you must change everything all at once.
- Surround yourself with others that you can share your goals with.
- Don't sweat the slipups! No one is perfect. Minor setbacks as you are striving towards a goal is a normal part of the process.

Research (Eysenck, 2017) shows that the most popular New Year's resolutions include:

- Exercise more
- Lose weight
- Eat more healthily
- Take a more active approach to health
- Learn a new skill or hobby
- Spend more time on personal wellbeing
- Spend more time with family and friends

Community Care Concepts offers a variety of activities at community-based locations, at no or very limited cost, that can help you achieve your new year's resolutions:

Free gentle exercise programs. With no preregistration required and no long-term commitment, these classes, offered 2 to 3 times a week at a variety of community locations, help you build strength and balance, minimize the risk of falls and meet others.

- Community dining programs offer an opportunity to come together for food, fellowship and entertainment or information.
- Meals on Wheels provides hot, nutritious meals delivered to your door at noon on weekdays.
- Free active living programs at several community centres. Programs range from gentle exercise, cards, games, crafts, guest speakers, art programs to coffee and social hours. Based on the interests of those attending and offered in partnership with the Townships of Wilmot and Wellesley, these centres offer a variety of programs and activities to support you in taking a more active approach to your health, learn a new skill or hobby, focus on personal wellbeing or spend time with others in your community. Drop by a local community centre to get started on moving forward with your new year's resolutions:

- ▶ **Hawkesville Community Centre** - Tuesdays & Thursdays 9am-noon
- ▶ **Linwood Community Centre** - Mondays & Wednesdays 1-4pm
- ▶ **St. Clements Community Centre** - Mondays & Wednesdays 9am-noon
- ▶ **Wellesley Community Centre** - Tuesdays & Thursdays 1-4pm
- ▶ **Wilmot Recreation Complex** - Mondays, Wednesdays & Thursdays 9am-4pm

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"Grandma says a lot of her friends are like the birds. They fly south for the winter."

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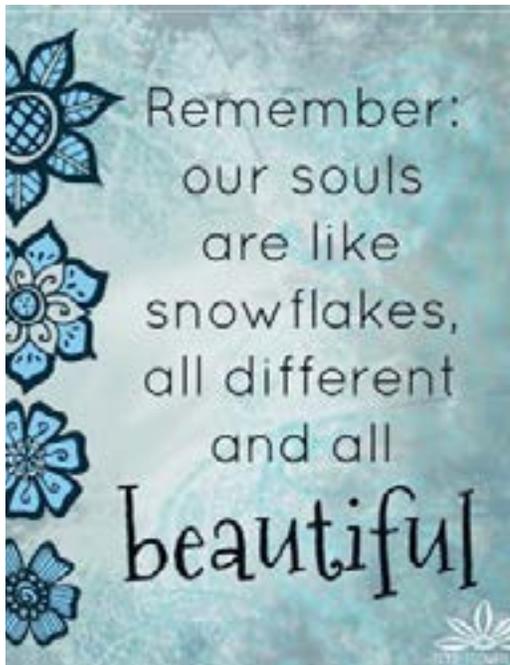
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What are the types of dementia?

Dementia is a general term that refers to a variety of brain disorders that are a result of physical changes in the brain. Below are some of the most common:

Alzheimer's Disease

Alzheimer's disease is the most common form of dementia. It is a fatal, irreversible disease that eventually affects all aspects of a person's life: how they think, feel, and act. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

Young Onset dementia (YOD)

YOD accounts for an estimated 2-8% of all dementia cases. 16,000 Canadians under the age of 65 are living with YOD. A dementia diagnosis is difficult for anyone, but comes with unique challenges when you're in your 40s/50s, such as having dependents at home, working, and major financial commitments.

Mild Cognitive Impairment (MCI)

People with MCI have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. The changes in cognitive abilities are not serious enough to interfere with daily life and independence.

Vascular dementia

Vascular dementia occurs when the brain's blood supply is blocked or damaged, causing brain cells to be deprived of oxygen and die.

Frontotemporal dementia

Unlike Alzheimer's, which generally affects most areas of the brain, frontotemporal dementia is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain - the areas generally associated with personality and behaviour.

Lewy body dementia

This form of dementia occurs because of abnormal deposits of a protein called alpha-synuclein inside the brain's nerve cells. The deposits interrupt the brain's messages. Lewy body dementia can occur by itself, or together with Alzheimer's disease or Parkinson's. It accounts for 5-15% of all dementias.

Call 519-742-1422 for more information.

Alzheimer Society

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8 Tips to Relieve Winter Dry Eyes

Winter can be a challenge if you suffer from dry eyes. Dry, cool air, cold winds and even drier indoor heating can cause irritation, burning, itchiness and redness, and sometimes even excessive tearing. These symptoms can be debilitating!

Dry eyes is one of the most common complaints eye doctors hear from their patients. That's why we'd like to share some tips on how to relieve dry eye discomfort, and how to know when your condition is serious enough to come in for an evaluation.

Tips to Relieve Winter Dry Eyes:

1. Keep your eyes moist by using artificial tears (eye drops). You can apply these a few times each day especially when your eyes are starting to feel dry or irritated. Not all artificial tears are the same! Knowing the cause of your dry eye condition will help your eye doctor determine which brand is best suited for you.
2. Use a humidifier to counteract the effect of dry air.
3. Point car vents or indoor heaters away from your face.
4. Drink a lot of water! Hydrating your body will also hydrate your eyes.
5. Protect your eyes when outside with sunglasses or sports goggles - the bigger the better!
6. Improve your natural tear quality by applying a warm compress on your closed eyelids for 10 minutes each day.

7. Give your eyes a digital break. We blink significantly less frequently during screen time which is why extensive computer use can lead to dry eyes. Follow the 20/20/20 rule by taking a break every 20 minutes, to look 20 feet away for 20 seconds and make sure you blink!

8. For contact lens wearers: Dry eyes can be particularly debilitating as contact lenses can cause further dryness and irritation. If contact lens appropriate re-wetting drops don't help, consider opting for glasses when your symptoms are at their worst, and speak to your optometrist about which brand of contact lenses are better for dry eyes. (Hint! Daily Disposable.)

Dry eye syndrome is a chronic condition in which the eyes do not produce enough tears or do not produce the proper quality of tear film. While winter weather can make this condition worse, dry eye is often present all year round. If you find that the tips above do not alleviate your discomfort or symptoms, it may be time to schedule an eye exam to see if your condition requires more effective medical treatment.



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I WONDER WHAT THAT WOULD BE LIKE...

BY ELAINE BALLANTYNE



New Hamburg lawyer Warren Griffin has discovered that it's dangerous for him to ask the question: "I wonder what that would be like?" It's his inquiring mind that motivated Warren to cycle across Canada four years ago at the age of 60.

Today this baby boomer with retirement age looming tells Embracing Change he has no plans of completely stopping practicing law. "I can't just entertain myself," explains Warren. "That's not good for me. I need to do something with more purpose." Warren cites enjoying his law clients, co-workers and what he does. "I will keep doing it as long as I'm able and my partners allow me to keep doing it."

Setting Goals

Like the movie *Field of Dreams* where Kevin Costner hears the whisper in his cornfield of: "If you build it, he will come," so too did Warren feel so inspired. Once he picked a date to start his bike tour, Warren initiated building his cycling team.

It began with Warren sharing his idea with the spouse of a good friend. The partner felt it would be something her husband would like to do. She was right and Murray Baker slid on his biking cleats eager to train. The next cyclist enthusiast to sign up was another friend of Warren's named Wayne Warner. The final cyclist to complete this mature group of four was Stan Martin. Now Warren knew he needed someone in charge of logistics. The team needed a driver for their camping trailer that would be their home for the next 27 days. So Warren sent out an email to countless people. A client answered and volunteered her son who was attending college but was in between things. This 25 year old was named James Seed and not only did he drive for Warren's team, but he took care of necessities like buying groceries and setting up/tearing down the camping trailer.

Purpose driven Warren knew he didn't want the trip to "just be a selfish thing." Warren thought: "Let's do some good—let's raise some money." The 4 men decided they would raise monies for 3 charities that were significant for them. The first charity was the Canadian Cancer Society. The second charity was HopeStory that aids vulnerable international children. The third was One4another that facilitates life changing surgeries for children in Uganda. And raise money they did. The team rose a total of \$55,000.00

Turn It Around Tour

While driving to Toronto before their cycling feat, Warren became inspired while listening to the radio and hearing the words turn and around. He felt turn represented bike pedals that are constantly turning and that the money raised could turn some things around for some people. The tour was coined the "Turn It Around Tour." The team constructed a blog and communicated their daily ventures.

On May 22, 2014, Warren celebrated his 60th birthday and the next day he flew out west with Murray and James shortly after. Team mates Stan and Wayne drove the truck and trailer out. The

team officially began turning their wheels in White Rock, BC. Traveling on highway 3, the men didn't get on the Trans Canada till Lethbridge, AB. The men had consulted previous cross-Canada cyclists so their route was well-thought out taking the southern route of the Rockies. Warren recalls that the truck drivers were very accommodating and quickly moved over for them. Having 8 feet wide shoulders along the highway also really helped.

As much as they were a team, the men did not start their days riding at the same time. Team mate Murray always started 45 minutes ahead of everyone. Due to being the most senior team member, Murray wanted a head start. "You went at your own pace," explains Warren. On the second day the crew did a 18 km climb. On the fourth day they did a 23 km climb. "Climbing wears at you," Warren says. "You put your head down and just keep going!" It was this determination that allowed the Turn It around Team to cycle 4300 kms in 27 days, averaging 160 kms a day. Warren reminisces on seeing a lot of beautiful scenery and wildlife. The team met many really kind and supportive Canadians—even toll booth workers donated money to the men. In southern Manitoba a farmer even mounted his bike and rode with them for a while. Good times like this helped overcome the challenging days like on highway 17 south of Lake Superior where the men experienced their hardest day ever. The land was flat with a 35 km/hr wind. "It was brutal!" tells Warren.

Never to Late

Remarkably it wasn't until Warren was in his late 40's that he got serious about cycling. "It's never too late," he says. The spring before his tour, Warren trained by skiing and using his indoor bike. Once the weather warmed up, Warren was on his outdoor bike almost every evening and did longer rides on the weekend.

Christian Faith

Warren is a man that asks why. For many people as they get older they become set in their ways. Not Warren.

"When you're young you think you have to know the answers. The older I get the less certain I am about more and more things—but I am convinced of God's love for me," shares Warren. "I am certain of this."

Turn It Around Tour #2?

Warren is not done cycling across Canada. His next big cycling endeavour is a desired trip out to eastern Canada because he's wondered what that would be like. . .



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Lindwood Community Centre
Mon 1:00 pm - 4:00 pm
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Wellesley Community Centre
Mon 9:00 am - 12:00 pm
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For more information call 519-664-1900 or 1-855-664-1900

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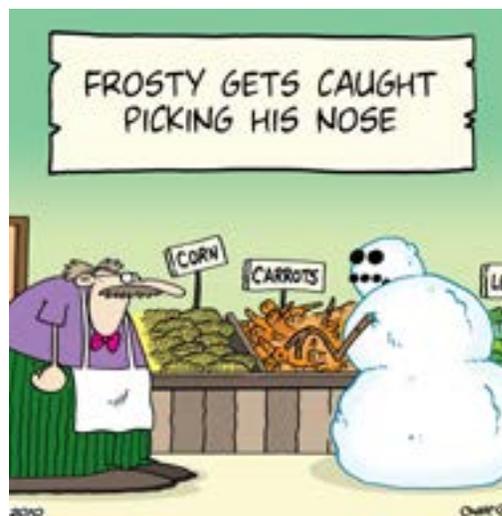
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Ad submissions are due the 10th of every month



ABOUT THE DESIGNER

This issue was designed by Jessica Uttley, a Graphic Designer currently residing in Toronto. Jessica has deep roots and fond memories in the Wilmot & Wellesley Township as she has had family residing there most of her life, including her grandparents, Dave and Marie Albrecht (on the cover). She is proud and excited to take part in the community once more!

EMERGENCY/IMPORTANT NUMBERS:

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 Waterloo Regional Police – Non Emergency... 519-570-9777
 Crime Stoppers..... 1-800-222-8477
 Ontario Poison Centre..... 1-800-268-9017
 Ontario Problem Gambling Helpline..... 1-888-230-3505
 TeleHealth..... 1-866-797-0000
 TTY:..... 1-866-797-0007

Waterloo Wellington LHIN..... 519-310-2222
 Community Care Concepts..... 519-664-1900
 Retirement Homes Regulatory Authority... 1-855-275-7472
 Elder Abuse Response Team..... 519-579-4607
 Interfaith Community Counselling..... 519-662-3092
 Hospice of Waterloo Region..... 519-743-4114
 Alzheimer Society of Waterloo Wellington..... 519-742-1422

Township of Wilmot 519-634-8444
 Township of Wellesley..... 519-699-4611
 Region of Waterloo Public Health..519-575-4400

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2019 SEASON

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 Glory | July 10 to July 20
 Fiddler On The Loose | July 24 to Aug 10
 Disney's Beauty and the Beast | Aug 15 to Aug 31

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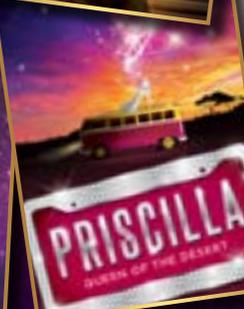
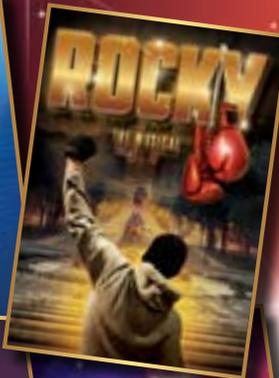
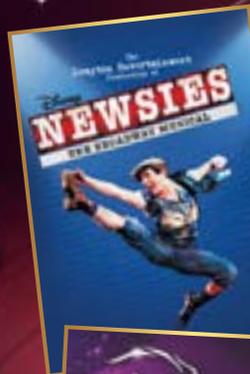
Rocky: The Musical | March 6 to March 31
 Glory | May 15 to June 8
 Grease | July 10 to Aug 3
 Twelve Angry Men | Aug 7 to Aug 24
 Annie | Oct 2 to Oct 27
 * Surprise Christmas Musical * | Nov 20 to Dec 22

ST. JACOBS COUNTRY PLAYHOUSE

Priscilla, Queen of the Desert | March 13 to April 7
 The Miracle Worker | April 24 to May 12
 You'll Get Used To It! The War Show | June 5 to June 22
 Disney's Newsies | July 18 to Aug 3
 Art | Oct 2 to Oct 20
 Sleeping Beauty: The Panto | Nov 27 to Dec 22

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* "Dementia prevention, intervention, and care," The Lancet Commissions, July 20, 2017



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