

FREE!

CONNECTING · SUPPORTING · INSPIRING · EMPOWERING



EMBRACING CHANGE

INSPIRING GROWTH. CELEBRATING LIFE



FEATURE
BUSINESS
OF THE
MONTH

 **Cooks Pharmacy**
PROUDLY INDEPENDENT

ON THE COVER:

**The Many Benefits of
Physiotherapy: One Local
Resident's Journey**

LOCAL & REPUTABLE
**BUSINESS
DIRECTORY
LISTING**

PAGE 26

COMMUNITY RESOURCE GUIDE

**Empowering older adults to embrace
their limitless potential**

VOL. 8 ISSUE 12 | AUGUST 2026



Hearing care that follows
through and follows you.



Book a FREE hearing test and save up to
\$1,700 on the latest hearing aids.*



CALL: 1-888-341-6121

BOOK ONLINE: [HearingLife.ca/1700off](https://hearinglife.ca/1700off)

MENTION CODE: NSP-1700W-EMBRC

New Hamburg **10 Waterloo St, Unit 5**
Waterloo - Erb St W **128 Erb Street W**
Waterloo **99 Northfield Drive E, Suite 304**

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not applicable for industrial hearing tests. Some conditions apply, see clinic for details. Up to \$1,700 off offer expires on September 7, 2026.

Tara Held

EDITOR/PUBLISHER

Rich Held

DISTRIBUTION

Victoria Zinger

DESIGNER

Dr. Nicole Didyk

Community Care Concepts

Woolwich Community Health Centre

Alzheimer Society Waterloo Wellington

Elaine Birch

Fred Parry

Anne Milne

Scott Dunstall

Schlegel-UW Research Institute for

Aging (RIA)

CONTRIBUTORS

On The Cover

For local Woolwich resident Gail, physiotherapy has become much more than treatment for pain — it has become an important part of maintaining her independence, mobility, confidence, and quality of life. See the full cover story on page 12.

Cover story and photo by: *Peak Physiotherapy & Wellness*



Embracing Change



147 Arnold St.
New Hamburg, ON N3A 2C6



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

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.

COPYRIGHT © 2018 TARA HELD TRADING AS EMBRACING CHANGE. ALL RIGHTS RESERVED
THE BUTTERFLY LOGO AND THE WORDS "EMBRACING CHANGE" ARE TRADEMARKS OF TARA HELD TRADING AS EMBRACING CHANGE



LETTER FROM THE EDITOR

August has a way of reminding us to slow down and enjoy the simple pleasures of summer. The gardens are blooming, children are making the most of their summer holidays, and our communities are filled with fairs, festivals, farmers' markets, and outdoor gatherings. Before we know it, fall will be knocking at our door, so let's make the most of these warm, sunny days.

This month, I'd like to invite you to join the **Embracing Change August Happiness Challenge**.

The challenge is simple: each day, write down one thing that made you smile or brought you joy. It doesn't have to be anything extraordinary. Perhaps it's your morning coffee on the porch, a phone call from a friend, a visit with your grandchildren, the sound of birds singing, a beautiful sunset, or simply enjoying an ice cream on a warm afternoon. Sometimes it's the smallest moments that leave the biggest impression.

Research has shown that taking a few moments each day to focus on the positive can help reduce stress, improve our outlook, and remind us of the many blessings that surround us. By the end of August, you'll have a collection of happy memories to look back on—a wonderful reminder that joy is often found in everyday life.

Why not make it even more meaningful by sharing the challenge with a friend, spouse, neighbour, or grandchild? You could compare your daily moments of happiness over coffee or encourage one another to notice something new each day. Happiness has a wonderful way of growing when it's shared.

Thank you, as always, for welcoming *Embracing Change* into your home each month. It is truly a privilege to connect with so many wonderful readers throughout our communities. I hope this issue brings you useful information, inspiring stories, and perhaps a few reasons to smile.

Wishing you a beautiful August filled with sunshine, laughter, good health, and countless little moments of happiness.

Tara



FLASHBACK PHOTO

Elmira House General Store

Black and white photograph, mounted on a mat, of the exterior front and side of the Elmira House General Store, taken in 1880. The store is a large brick, two-storey, building with large upper and lower verandahs. A large sign bearing the name "Elmira House" can be seen above the second floor windows. On the left side of the building, the following words are painted: "Elmira House, Hardware, Groceries and Dry Goods, Ready Made Clothing, J. Ruppel." A sign on the far right side of the second story veranda railing reads "J.E. Streeter, Tailor." Seven men can be seen standing on the 1st floor veranda, left to right: Henry Winger, Henry Zilliax, J. Ruppel, Isaac Groff, J.F. Ruppel, Henry Ruppel, and George Ruppel. Three women and one man can be seen standing on 2nd floor veranda, left to right: Phoebe Haack, unidentified woman, Louise Haack, Jim Streeter.



Courtesy of the Grace Schmidt Room,
Kitchener Public Library



Schweitzer's
Bath & Kitchen

1768 ERBS RD, ST. AGATHA • WWW.SCHWEITZERS.CA • 519-747-1819
PLUMBING AND RENOVATIONS

Cook's Pharmacy Now Dispenses Veterinary Medications for Your Pets' Health Needs

Across Ontario, pets have become an essential part of our families and daily routines. Whether you live in a busy city neighbourhood or a quieter suburban community, our animals bring companionship, comfort, and joy. As pet ownership continues to grow, so does the need for convenient access to reliable veterinary medications. Cook's Pharmacy is proud to announce that we now dispense **over-the-counter (OTC), prescription, and compounded veterinary medications**, making pet care more accessible for families throughout the region.

Expanding Access to Veterinary Care

Veterinarians remain the cornerstone of pet health—diagnosing conditions, providing treatment plans, and guiding long-term care. Pharmacies, however, can play an important role in supporting that care by offering safe, manufacturer-authorized medications at competitive prices. Cook's Pharmacy is committed to bringing this added convenience to our community, ensuring pet owners have more options and easier access to the medications their animals rely on.

We now carry many of the most commonly prescribed veterinary medications, including Apoquel, Simparica, Bravecto, NexGard, Heartgard, Zenrenlia, and others. These trusted products help manage allergies, prevent parasites, support chronic conditions, and maintain overall wellness.

Over-the-Counter Options for Everyday Needs

Our OTC veterinary selection provides quick solutions for routine concerns such as skin irritation, minor allergies, and parasite prevention. These products are ideal for busy families, commuters, and anyone looking for convenient access to everyday pet care.

Prescription Veterinary Medications, Filled Locally

With a prescription from your veterinarian, Cook's Pharmacy can fill a wide range of veterinary medication and easy pickup. This service is especially helpful for pets managing chronic conditions or long-term therapies. Our pharmacists are trained to dispense veterinary medications safely and can provide guidance on proper use, storage, and administration.

Pet owners can have their veterinarian send prescriptions directly to us, or they can speak with one of our pharmacists for assistance with transfers.

Customized Compounded Medications

Every pet is unique, and sometimes standard medication formats aren't the right fit. Our compounding services allow us to create customized formulations tailored to your pet's needs. This may include adjusting strengths, creating flavoured liquids, or preparing specialized dosage forms for small animals. Compounding ensures pets receive medication in a form they tolerate well—and that owners can administer with confidence.

Convenience, Care, and Community Commitment

By offering veterinary medications, Cook's Pharmacy provides:

- **Local access** to essential pet treatments
- **Competitive pricing** on popular brands
- **Professional guidance** from trained pharmacists
- **Fast service** with prescriptions sent directly from your veterinarian
- **A welcoming environment** for both long-time residents and newcomers

Our pharmacy at **101-140 Columbia St W, Waterloo** is ready to support your pet's health needs. For questions or prescription transfers, call **519-208-9767** or fax **226-512-0101**.

A Natural Extension of Our Mission

Cook's Pharmacy has always been dedicated to empowering patients for better health. Extending that commitment to pets is a natural next step. Animals enrich our lives, and they deserve the same level of care, attention, and accessibility that we provide to the people in our community.

Whether your pet needs routine parasite protection, allergy relief, chronic therapy, or customized compounded medication, our team is here to help. Your pets deserve the best—and now, they can get it right here at Cook's Pharmacy.

ARNOLD HEARING CENTRES

75 YEARS OF CARING FOR EARS IN YOUR COMMUNITY



It's not about the devices you wear;
it's about the quality of care you receive.

The Arnold Care Pathway

A consistent experience that is built on care, trust, and accountability.



Learning About You

What brings you in, any concerns you have, past experiences, and what your expectations are.



Full Understanding

Clear explanations so you'll always know what your results and options are.



A Personalized Plan For You

There's no one-size-fits-all solution. You will get honest recommendations tailored to your hearing, lifestyle and overall goals.



Support at Every Step

From your first visit through all follow-up care, we make sure you feel confident and comfortable.



Stay Connected For Life

We'll be here for all cleanings, adjustments, and any future hearing related concerns.



Pamela T.



Would highly recommend this clinic, Jenna is fabulous. She cares, she is patient, she takes her time and goes above and beyond to help clients. I had a very positive experience.



Alberto B.



My experience with Arnold Hearing in Elmira has been amazing. They are very friendly and professional. Emily is an amazing audiologist that is great at her job and answer all of my questions and provide very useful recommendations. Totally recommended!

Ready to hear your best? Contact us today!

You can buy hearing aids from many places, but you won't get our service anywhere else.

ELMIRA

315 Arthur Street South

519-669-3131

Mon - Fri 8:30am-4:30pm
closed 12pm-1pm for lunch

elmira@arnoldhearing.ca



Emily Giau,
Audiologist

Michelle Delahunty
Hearing Care Coordinator

NEW HAMBURG

3 Waterloo Street

519-662-3277

Mon - Fri 8:30am-4:30pm
closed 12pm-1pm for lunch

newhamburg@arnoldhearing.ca



Jenna Eelkema
Hearing Instrument Specialist

www.arnoldhearing.ca

Are Hearing Clinics Worth It? How You Benefit from Professional Care

Written by Chris Arnold, owner of Arnold Hearing Centres and Hearing Instrument Specialist.

When you start looking into hearing aids, it's fair to wonder what you're really paying for.

Is a hearing clinic simply ordering a device and passing it along with a markup? Or is there more value behind professional care?

The answer is simple: **a hearing aid is the tool, but professional care is what helps that tool work properly for you.**

In Ontario, hearing aids are regulated medical devices. They must be dispensed through a licensed professional, not sold directly to consumers without clinical involvement. While that may feel like an extra step, this system exists to protect your hearing health and ensure your devices are fit, programmed, and adjusted safely.

A Hearing Aid Is Not the Treatment

Hearing care is not just about making sounds louder. It is about helping you hear more clearly, comfortably, and confidently in your everyday life.

During a professional hearing assessment, your clinician does more than run a basic screening. They measure how you hear across different frequencies, how clearly you understand speech, and how your hearing performs in real-world listening situations.

Those results guide your hearing prescription.

Even two people with similar hearing test results may need different hearing aid settings. Your ear canal shape, comfort level, listening environments, and the brain's ability to process sound all affect how your devices should be programmed.

Without this level of care, a hearing aid may simply amplify sound without improving clarity.

Hearing Happens in the Brain, Too

If you have lived with hearing loss for years, your brain may need time to adjust to sounds it has not heard clearly in a long time.

That is why hearing aids are not always set to full prescription strength on day one. Your clinician may gradually adjust your devices as your brain adapts.

This support matters. Early challenges such as sound fatigue, background noise, and sharper everyday sounds are common. A hearing clinic helps you move through that adjustment period with guidance instead of frustration.

The Real Value Is Ongoing Care

Your relationship with a hearing clinic does not end when you receive your hearing aids.

Over time, your hearing can change. Your lifestyle can change. Your devices may need cleaning, maintenance, repairs, or updated programming.

Professional care may include:

- Follow-up adjustments
- Annual hearing reassessments
- Cleanings and maintenance
- Troubleshooting support
- Repair coordination
- Updated programming if your hearing changes

This ongoing care helps protect your investment and keeps your technology performing at its best.

Why Professional Oversight Matters

Hearing loss can sometimes point to an underlying medical issue, such as an ear infection, sudden hearing loss, a perforated eardrum, or another condition that requires medical attention.

A licensed hearing professional knows when hearing aids are appropriate and when a referral may be needed.

That medical safeguard is one of the biggest reasons hearing clinics matter.

The Clinic Is the Bridge, Not the Barrier

A hearing clinic does not stand between you and better hearing. It bridges the gap between advanced technology and your unique hearing needs.

At Arnold Hearing Centres, our team is here to help you feel informed, supported, and confident at every stage of your hearing health journey.

With locations in **Elmira, New Hamburg, Kitchener, Guelph, Simcoe, and Waterloo**, professional hearing care is close to home.

Visit www.arnoldhearing.ca to find a location near you.



WCHC

COMMUNITY
HEALTH CENTRE

SERVING WOOLWICH WELLESLEY & WILMOT

*Patient or not, all are welcome to
attend our workshops & programs!*



Young at Heart - Adult Board Games Night

Join us for an evening of fun! Different games every month, with the option to bring your own game to teach the group. Snacks are included at every event. A great night to socialize, meet new friends, learn new games, and enjoy time with others.

Monthly on the 4th Thursday
5:30 - 8:30 PM

In person at 1401 Queens Bush Rd., Wellesley



Accepting New Patient Applications!

We are now accepting new patients! If you are looking for a healthcare provider, please visit our website to fill in the registration, or email us at intake@wchc.on.ca

www.WCHC.on.ca



Walk & Talk

Our Walking Group is back!
We walk at various local trails around the St. Jacobs area. Open to all ages and abilities. Register to be placed on our mailing list to receive updates for each walk!

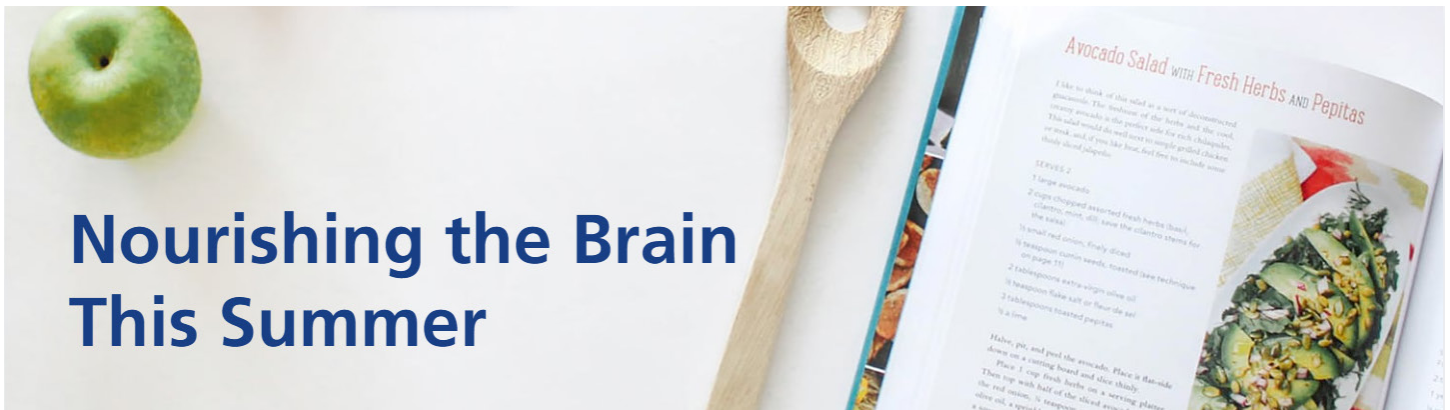
Bi-weekly on Tuesdays
9:00 - 10:00 AM



REGISTER



If you would like to register, please
visit our website at
www.WCHC.on.ca, or email Tariq at
tabdulhadi@wchc.on.ca, or call at
519-664-3794 ext. 222



Nourishing the Brain This Summer

As the gardens grow and fresh seasonal produce becomes abundant, summer is the perfect time to embrace brain-healthy eating habits. While there is currently no guaranteed way to prevent dementia, research suggests that healthy lifestyle choices - including nutritious eating - may help support brain health and reduce the risk of cognitive decline.

A brain-healthy diet focuses on whole, nutrient-rich foods such as vegetables, fruits, legumes, whole grains, nuts, seeds, and healthy fats. Try these brain-healthy recipes packed with plant-based protein, fibre, and nutrient-dense vegetables known for their neuroprotective benefits.

Tuscan White Bean Soup with Kale

Ingredients:

- 2–3 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 2 carrots, diced
- 2 stalks celery, sliced
- 1 red pepper, diced (optional)
- 3 cloves garlic, minced or pressed
- 1 tsp dried thyme or 1 tbsp fresh thyme
- ½ tsp red pepper flakes (optional)
- Pinch of sea salt and black pepper, to taste
- 1 (19 oz) can cannellini beans, rinsed and drained
- 8 cups vegetable stock
- 1 bunch Tuscan or curly kale, cleaned, stemmed, and chopped

Heat olive oil in a soup pot over medium heat. Sauté onions, carrots, and celery until beginning to

soften. Add red pepper (if using), garlic, thyme, red pepper flakes, salt, and pepper. Cook until fragrant. Stir in beans and vegetable stock. Cover and bring to a boil. Reduce heat to a simmer for 5 minutes. Add kale and simmer for 1 additional minute. Remove from heat and cover until ready to serve. Taste and adjust seasoning as needed. Serve with croutons, fresh basil, and a lemon wedge if desired. Add extra vegetables or skinless boneless chicken for variety. Freezes well.

Broccoli Salad

Ingredients:

- 1 large or 2 small bunches broccoli, chopped into very thin florets
- 2 carrots, shredded
- 2 stalks celery, diced
- 1 apple, peeled and thinly sliced
- ¼ cup red onion, diced
- ¼ cup roasted pumpkin seeds or walnuts

Dressing:

- ⅓ cup extra virgin olive oil or avocado oil
- 2–3 tbsp red wine vinegar or apple cider vinegar
- 1 tbsp Dijon mustard
- 2 tsp maple syrup (optional)
- ¾ tsp fine sea salt, to taste

Combine all salad ingredients in a large bowl. Whisk together dressing ingredients or shake in a jar with a tight-fitting lid. Pour half the dressing over the salad and mix well. Taste and add more dressing if desired. Refrigerate for at least one hour before serving. Add a little extra dressing before serving if needed.

Société Alzheimer Society

WATERLOO WELLINGTON

Your partner in dementia care.

Did You See What's Happening at Nithview?

An Update on Construction at Nithview Community

Have you been wondering what's been happening over at Nithview during the last 17 month? A quick look at the campus and you'll see a large, blue building standing up at the far west end of Nithview Community. There's been a lot of changes lately! And changes will continue to happen for another approximately 12 months. Construction on Tri-County Mennonite Homes (TCMH) new long-term care home is anticipated to be complete in summer 2027.

The building is fully erect, standing 6 storeys tall. The roof is complete and fully sealed. Rooftop units will be installed in the Fall. The blue skin currently covering the building won't be visible for too much longer. That's the waterproofing layer that ensures the building is watertight. Everything blue will be covered up by siding and cladding which will give the new long-term care home its final appearance.

But before the siding and cladding can go on, the remainder of the windows need to be installed. There was a slight delay on receiving some of the window framing materials. This materials delay slowed down the window install, but it did not affect the project's overall schedule. Now that the window materials have arrived, windows are fully installed up to the third floor and work is progressing quickly to install what remains.

While waiting for the window materials to arrive, the general contractor, Melloul-Blamey, pushed ahead with interior framing. Right now, they are working to install the steel stud framing on the sixth floor of the building. Interior framing on all other floors is complete. They have started adding mechanical components, like HVAC, and electrical wiring on the ground floor and first floor.

The sounds of saws and hammers can be heard across the site as the interior work progresses. Once the wiring and other mechanical pieces are in place, drywalling will begin. Most of the work in the coming year will be indoors, so you might not see much happening outside. But when you hear pounding, knocking, and power tools you will know they are working hard, floor

by floor, to complete the inside of the building.

Back outside, on the west side of the new building, the electrical vault is installed. This vault will be the main source of power for the building, but the new long-term care home will also have generators in case of emergency. The natural gas generators are expected to arrive on site until Winter 2026 and once installed they will be able to power the entire building in the event of a critical power failure of the main grid.

Ongoing roadwork in front of Nithview is not part of the long-term care expansion. For more information about the Township of Wilmots' reconstruction project on Victoria Street and Boulle Street, please visit their website <https://www.engagewr.ca/victoria-boulle-reconstruction>

Once the new long-term care home is completed in Summer 2027, there will be a period of inspections and building readiness before we can move in. When the inspections are done, all 97 current long-term care residents will be moving into the new building. There will be space for 63 new people to move in as well, with a grand total of 160 beds.

The ground floor of the new building was designed with a view through from the front entrance to the gardens at the back. Floor to ceiling windows will let in daylight to brighten the gathering place, café, and spiritual space. The ground floor will also house all the building's functional services like offices, staffroom, kitchen, laundry, receiving, and electrical rooms. The other floors will be the resident home areas (RHA) and will have 32 residents per floor. Every RHA has a living room, dining room, outdoor balcony, and all the amenities that will turn a building into a home. It won't be long now before we welcome everyone into the New Nithview. We can hardly wait!



**Tri-County
Mennonite Homes**

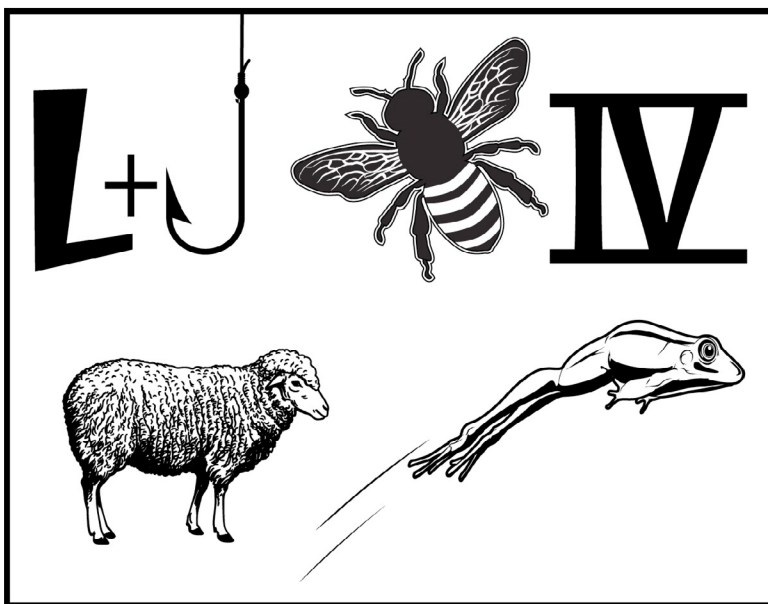
August Puzzles



SPOT THE DIFFERENCE

CAN YOU FIND THE 5 DIFFERENCES BETWEEN THESE TWO IMAGES

Concentration Puzzle



Sudoku

					5			6
			4	2		7		1
						9	3	
8		4			7	5	2	3
	9		2	4	8		6	
2	7	1	5			8		9
	4	8						
3		5		8	2			
7			6					



Solutions on page 30

COVER STORY



The Many Benefits of Physiotherapy: One Local Resident's Journey

BY PEAK PHYSIOTHERAPY & WELLNESS

For local Woolwich resident Gail, physiotherapy has become much more than treatment for pain — it has become an important part of maintaining her independence, mobility, confidence, and quality of life.

Over the past decade, Gail has experienced many different aspects of community physiotherapy, including musculoskeletal physiotherapy, pelvic floor physiotherapy, vestibular rehabilitation for balance, pre- and post-operative joint replacement rehabilitation, acupuncture, dry needling, and therapeutic exercise classes at Peak Physiotherapy & Wellness.

Gail's physiotherapy journey first began after an injury to the left side of her neck caused a pinched nerve, sending pain all the way down into her hand. After meeting with an orthopedic surgeon, Gail was told that the risks associated with neck surgery were too high and that conservative treatment through physiotherapy would be the safest option.

"At first, I was very nervous," Gail explained. "The surgeon had talked about warning signs and symptoms to watch for, so I was scared to do anything that might affect my neck or arm."

Despite her uncertainty, Gail decided to try physiotherapy — and quickly realized how much it helped.

"I left every treatment feeling better than when I came in," she said.

One treatment in particular quickly became a favourite.

"My physiotherapist started calling me a 'traction junkie,'" Gail laughed, referring to the manual traction treatments that relieved pressure on the nerve in her neck.

After her previous physiotherapist retired, Gail continued her care with Melissa Norris in Elmira, where treatment gradually expanded beyond her neck pain to include rehabilitation after both knee replacements, pelvic floor physiotherapy, vestibular treatment for balance, TMJ treatment, and group exercise classes focused on strength, mobility, and independence.

Gail says one of the reasons she continued with physiotherapy for so many years was because of the trusting relationship she built with the team at Peak Physiotherapy & Wellness.

"I kept coming because Melissa was so great," Gail said. "When Peak Physiotherapy opened, I was excited to follow her there so I could continue my treatment."

Over the years, Gail says she has appreciated not only the treatments themselves, but also the personalized care and attention she received from the Peak Physiotherapy team.

"Melissa has always been very observant and noticed things going on with my body," Gail explained. "She helped guide me and connect me with other medical professionals when needed."

Following one of her knee replacement surgeries, Gail remembers Melissa recognizing possible signs of infection and contacting her physician to ensure she received prompt medical attention.

"That meant a lot to me," Gail said. "You feel like they truly care about your well-being."

Gail says the welcoming and supportive atmosphere at Peak Physiotherapy has also played a major role in her success.

Speaking of Peak's group exercise classes she said, "It's more fun exercising with a group." "We laugh, share stories, encourage each other, and the classes are small enough that you still get individual attention and coaching."

She especially appreciated learning exercises she could safely continue at home.

“[The Physiotherapists at Peak] give you printouts and teach you how to do things properly,” Gail explained. “It helps build your confidence so you can continue helping yourself at home too.”

Throughout her journey, Gail says the most surprising part was simply how effective physiotherapy truly was.

“Bottom line — physiotherapy works,” she said. “It helps get rid of pain, limber you up, improve your balance and strength, and keep you independent.”

Interestingly, Gail says she cannot identify one single treatment that made the biggest difference.

“It’s not one technique that helps more than another,” she explained. “It’s the combination of everything together — the hands-on treatment, manipulation and mobilization of my neck, knees and feet, acupuncture, dry needling, massage, exercises, and heat. Altogether, it helps me leave every treatment feeling better than when I came in.”

Over time, Gail began to notice that physiotherapy was helping her do many everyday activities more comfortably and confidently.

“I have friends who can’t bend over to pick things up off the floor and need a grabber,” she said. “I don’t. I can bend over and pick things up myself.”

She also noticed improvements with walking her dog, climbing stairs, getting in and out of chairs, and maintaining her balance. Before beginning exercise classes, Gail says she struggled to stand up from a chair without using her hands for support.

“Now I can stand up easily without using my hands,” she said. “That’s something you don’t realize is important until it becomes difficult.”

One especially meaningful milestone came after her knee replacements, when balance concerns and swelling made her unsure whether she would ever feel confident walking into the water at the beach again.

With guidance from her physiotherapist — including strategies like using a cane on uneven sand and entering the water with support from a friend — Gail gradually regained the confidence to return to the beach.

“I didn’t think I’d be able to do that again,” she shared.

Gail also spoke openly about her experience with pelvic floor physiotherapy and encouraged others not to feel embarrassed about seeking help.

“If you have symptoms, it’s worth it,” she said. “At first it can feel uncomfortable or intimidating, but it gets easier and it really helps.”

For Gail, the value of physiotherapy became especially clear during times when treatment had to pause — whether because of clinic closures during the COVID-19 pandemic, or gaps between appointments.

“You slowly notice the stiffness and pain starting to come back,” she explained. “The longer I go without treatment, the more my symptoms slowly return.”

While some people complete physiotherapy after recovering from an injury, Gail says she has discovered the value of maintenance physiotherapy to help her continue living actively and independently.

“Physiotherapy has helped me stay mobile, strong, functional, and confident,” she said. “I can’t imagine where I would be if I hadn’t started the process and continued with it.”





Beth Martin
personal trainer

519-588-5325
Beth@BeEnergized.ca
www.BeEnergized.ca



1:1 virtual dietitian counselling specializing in:

- Irritable Bowel Syndrome
- Celiac Disease
- Wheat Allergy
- Inflammatory Bowel Disease
- Food allergies and sensitivities
- Overall gut health and well being

Email: info@gutvitality.ca | Phone: (548) 761-7185

Lassen Counselling
Professional, Empathetic
Counselling in Waterloo Region
Colleen Martin MSW, RSW Andy Martin MA, RP

Stress • Depression • Anxiety • Caregiver Stress • Life Transitions

(226) 909-6786 www.lassencounselling.ca

PETRO-CANADA

200 Waterloo St.
New Hamburg, ON
519-662-1818

Full Service Gas Available!
Every Tuesday
8:00 am - 6:00 pm

Qi beauty

LINDA LANGENEGGER
ADVANCED SKIN CARE

Medical Aesthetician &
Qi Beauty Practitioner

519-741-4662
lindalangenegger@gmail.com
www.LuvYourSkin.ca

27 YEARS EXPERIENCE

M MACKER MECHANICAL

Heating • Cooling • Hot Water
(519) 591-3871

Brad MacDonald
NEW HAMBURG BORN & RAISED

New Hamburg • Tavistock •
Wellesley • Plattsville and area

24 HOURS EMERGENCY SERVICE

PROUD SPONSOR
NEW HAMBURG FIREBIRDS



RUDY HELD'S PERFORMANCE CENTRE
ONTARIO'S #1 SPEED SHOP

NASCAR & NHRA DRAG RACING DIECAST

CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS,
HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

519-662-2821 | 147 ARNOLD ST. NEW HAMBURG

We Need Your Help! Volunteer With Us!

Driving seniors and adults with unique needs to appointments.



Delivering Meals on Wheels

Friendly visiting in homes and supporting in our Adult Day Programs.



Community Care Concepts

Helping seniors and adults with unique needs to live independently in their own homes across Woolwich, Wellesley & Wilmot Townships.

519-664-1900 519-662-9526 1-855-664-1900



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

**Helping Seniors and Adults with Disabilities
to Live Independently in their own Home**

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot

**929 Arthur St. S.
Elmira
519-664-1900**

1-855-664-1900

**info@communitycareconcepts.ca
www.communitycareconcepts.ca**

**23 Church St.
New Hamburg
519-662-9526**

Staying Safe in the Summer Heat

The summer provides a great opportunity to get out of the house to enjoy the weather. While it is always nice to feel the warmth of the sun on our face, the sun, heat and humidity can create challenges for anyone, but particularly for older adults. The heat tends to pose an issue for the body in regulating its temperature. This can be especially challenging for older adults who tend not to react well to extreme temperature changes. Health issues and medications can further impact this. Caution combined with seeking quick relief if you are overheated are important. Here are a few safety tips for managing heat:

- **Stay Hydrated** - Drinking 6 to 8 glasses of water each day to stay hydrated is important. Rather than drinking when you are thirsty, which means that signs of dehydration are already kicking in, it is important to drink water throughout the day. Get into the habit of taking a water bottle with you wherever you go. Fruit and vegetable juices as well drinks that contain electrolytes can also be helpful. Try to avoid pop, alcohol and caffeinated drinks which can dehydrate you.
- **Wear Sunscreen** - While we enjoy the sun, spending 15 minutes in the sun on a hot summer day can cause damage to our skin, especially with the impact of UV rays. In addition to being painful, sunburns prevent the body from naturally cooling. Apply and reapply sunscreen throughout the day to minimize the impact of the sun on your skin.
- **Protect Your Eyes** - Too much exposure to the sun can irritate your eyes, especially if you are already experiencing issues with your vision. Wearing sunglasses is recommended to help protect your eyes from harmful UV rays.
- **Wear the Right Type of Clothing** - Light, loose clothing, made of natural (such as cotton), rather than synthetic, material, can help heat to escape and to make you feel cooler. Wearing lighter colours such as white or yellow can help to reflect the rays of the sun. Wearing a light, long-sleeve shirt is also a great way to protect your skin from the sun. Hats with a wide brim protect your neck and face, while reducing the impact of the direct sun and heat on your head.

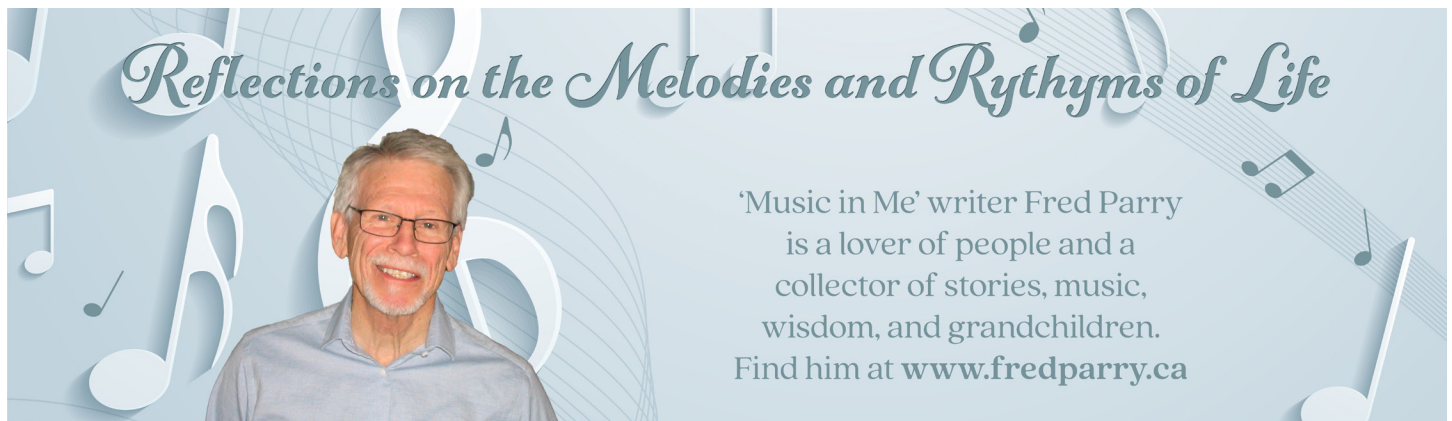
- **Exercise Wisely** - If you enjoy getting out of the house for activities, walking or gardening, be sure to wear protective clothing, keep track of time to avoid long periods of exposure to the sun and drink more water than usual, especially if you are exercising.
- **Avoid the Hottest Part of the Day** - If at all possible, it is best to organize outside activities in the morning or evening, when it tends to be cooler. Limiting outside activities between noon and 3 pm, when it tends to be the hottest part of the day, is a good way to reduce the impact of the heat.
- **Know Your Medications** - It is important read labels and to talk to your doctor or pharmacist to understand if your medications cause any side effects or sensitivities as a result of the sun. Some medications are also less effective if exposed to heat.
- **Stay Cool** - During the heat of the summer, finding opportunities to stay cool is important. Having access to air conditioning or fans at home is helpful. Avoid using the oven and try keeping curtains and blinds closed. Taking a bath or shower or sponging off with cool water can help. There are many public places in our communities that you can access to stay cool, such as community centres. If you are having trouble staying cool in this hot, humid weather, please contact us for assistance.

On behalf of Community Care Concepts, we want you to enjoy the many benefits of the summer weather while staying safe and in good health. If you have questions, concerns or need help in getting out of the heat and into a cooler environment, please don't hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.



**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot



Rondeau Reflections

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 distant relative, he was in his early 90s, with a twinkle in his eyes that belied his rumpled red flannel working shirt, undone 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 old 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 shewas 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!

Fred Parry

Advance & Comfort Care Planning for Seniors

Why are we afraid to talk about death—and what can we do about it?

Written by Sue Phillips, Serious Illness/End of Life Doula

“When we plan for our senior years & end-of-life journey, we reclaim choice, ease fear, and honour what matters most.”



Dear Readers: August 2026

We live in a death-phobic society. We celebrate youth, health, and productivity, often treating death as something to be feared, avoided, or postponed. Advances in medicine have enabled us to live longer than ever before, but does living longer mean we must hold on at all costs? Sometimes, this can make it difficult to acknowledge that death is a natural part of life.

Our comfort with conversations about death varies widely. A younger person may avoid the topic because it feels distant or irrelevant. They may say they are too young to think about such things. Others may avoid the conversation because they feel responsible for protecting their loved ones from worry or distress.

Psychologists tell us that attitudes toward death are highly individual. Culture certainly plays a role, but so do age, religion, family traditions, education, personal values, and life experience. There is no single reason why people avoid these discussions.

One reason end-of-life doulas are becoming increasingly valued in communities is that they help create safe spaces for conversations that families may never have had before—whether because of fear, uncertainty, cultural influences, or simply not knowing where to begin.

As an End-of-Life Doula, it is important to me that individuals and families discover what feels most comfortable for them. Rather than making assumptions based on age, culture, or background, I encourage people to define their own level of comfort and readiness.

My role is rooted in education, empowerment, and advocacy. Support may be provided to an individual, their family, or their entire circle of care.

When facilitating conversations about serious illness, dying, and death, I often begin by asking a simple question: “What is your understanding of your current situation?” From there, we can explore concerns, hopes, wishes, and plans in a way that feels meaningful and manageable.

If you want to create a conversation for yourself or a loved one over the care you or they would appreciate during Illness and/or approaching death I offer you the following strategy. ...

You can start with - I Wish, I Worry, I Wonder

I wish - allows for aligning with hope - “I wish we didn’t have to talk about this because I know It might make you uncomfortable but ...”

I worry - allows for being truthful while sensitive - “I worry that we won’t know what each other needs or wants during Illness or approaching death so...”

I wonder - a subtle way to make a recommendation - “I wonder If we can share some time to talk about these Important matters so that we can support each other In the best ways possible ...”

Talking about death will not make it happen. What these conversations can do is reduce fear, increase understanding, and help ensure that our wishes are known and respected.

Resource: The Order of the Good Death - <https://www.orderofthegooddeath.com/resources/talking-about-death/>

Next month: The Shortest Distance Between Two People is a Story: The Power of Human Connection

Empowering Tomorrow's Dementia Supporters, Today

Today's youth will be tomorrow's care partners, healthcare professionals and community advocates. By 2050, Canadians will dedicate an estimated 1.4 billion hours each year, the equivalent of 690,000 full-time jobs, to [supporting people living with dementia](#).

Building stronger circles of care to meet those needs starts now. We must equip young people with information, resources and empathy to be dementia supporters and inclusivity advocates.

Driven by her own experience as a person living with dementia, Phyllis Fehr recognized an opportunity to help the next generation. Following her dementia diagnosis, she wanted to empower her grandchildren, Jayce and Tiana, and other young people to become dementia supporters.

"I really think it's highly important that we teach young children about Alzheimer's so that if their grandparents or parents develop it, they're not afraid," Phyllis said.

To bring her vision to life, the [Youth in Action Toolkit](#) was developed through a co-design process that included youth ages 9-16, people living with dementia, care partners, and [Laura Middleton](#), Schlegel Research Chair in Dementia and Active Living at the Schlegel-UW Research Institute for Aging (RIA).

Traditionally, resources for dementia supporters have overlooked young people. This project fills the gap by equipping kids in grade five and up with information about dementia, strategies to help people living with dementia, and games to apply what they've learned.

Support for Young People, by Young People

In sharing their [wishes for the toolkit](#), the young co-design participants said they hope it will strengthen their peers' capacity for compassion, empathy and inclusivity.

"I hope that other kids and youth will just feel more comfortable around people with dementia and understand that they're still the same person they were before," said Clara, a young dementia supporter who helped create the resource.

The development of the toolkit was led by the Murray Alzheimer Research and Education Program (MAREP) at the RIA and the [Alzheimer Society of Ontario](#). Funding provided by the RTOERO Foundation.

To learn more about research that is helping older adults live with dignity and purpose, visit the-ria.ca.



Keep your dentist, elevate your hygiene! All ages welcome.



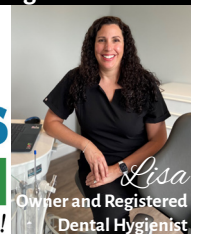
Wilmot Smiles

Independent Dental Hygiene Clinic

Where smiles are contagious!

SERVICES: dental hygiene cleanings & exams, polishing (stain removal), professional teeth whitening, custom sport mouthguards, denture cleanings, & more!

NEW HAMBURG, ON 226-880-1648 www.wilmotsmiles.ca





SMALL STEPS, BIG CHANGE

KW4
 ONTARIO HEALTH TEAM

Prevent Congestive Heart Failure (CHF) Today

CHF is a condition caused by the heart not functioning as it should. **Heart disease** is the second leading cause of death in Canada, but almost 80% of early heart disease and stroke can be prevented through healthy behaviours.

Common Symptoms

- ✓ Increased shortness of breath, especially when lying flat
- ✓ Sudden weight gain
- ✓ Bloating or feeling full all the time
- ✓ Cough or cold symptoms that last for longer than a week
- ✓ Loss of or change in appetite
- ✓ Increased swelling of lower limbs, base of spine, or stomach
- ✓ Increased urination at night
- ✓ New experience of confusion or tiredness

Prevention Tips

- ✓ Eat a variety of healthy foods
- ✓ Stay active – 150 minutes per week
 - **Dependent on current health**
- ✓ Maintain a healthy weight
- ✓ Limit alcohol and do not smoke
- ✓ Reduce stress

Risk Factors

- ✓ Diabetes
- ✓ High blood cholesterol
- ✓ Recreational drug use
- ✓ Excessive use of alcohol
- ✓ Exposure to chemotherapy or radiation therapy
- ✓ Smoking
- ✓ Unhealthy diet
- ✓ Not enough exercise
- ✓ Unhealthy weight
- ✓ Sex and age – men are more likely than women to have heart failure, but the difference grows less with age

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods



Local Resources – Waterloo Wellington:

Self-Management Program – bit.ly/waterloowellington:
866 337-3318

Craving Change Program – bit.ly/4oRCqxx

Take Charge Workshop – <http://bit.ly/45HHZgE>

Global Resources:

Heart and Stroke – bit.ly/heartandstrokeCHF

Government of Canada – bit.ly/hearthealthgov

The Canadian Heart Failure Network – <https://www.chfn.ca/links/>

Healthy Living Resources:

Canada Food Guide – food-guide.canada.ca/en/
24 Hour Movement Guideline – csepguidelines.ca

Your heart beats over 100,000 times a day – make each one count!

Talk to your healthcare professional about how to prevent CHF.

The Death of a Partner

I support others navigating death, dying, and/or grief regularly in my work. Lately, the support has been focused on clients experiencing the loss of their partners/spouses and it's something I've found myself reflecting on a lot.

The death of a partner is a very difficult thing to navigate for many reasons. Firstly, it can be incredibly painful emotionally. Secondly, we live in a death-denying culture that inadequately prepares us to deal with losses of this magnitude. Thirdly, losing a partner generally changes your life in significant ways, especially as we live in a couple-oriented culture.

Here are some points to reflect on as one prepares for the loss of a partner. This information is primarily geared towards partners but may also be applicable to others.

Before Death:

- Talk to one another as much as you are both able to. If you can talk about the death of your loved one before it happens – focusing on the emotional and practical elements of death - that will likely be helpful in reducing stress and confusion later in this process.
- Anticipatory grief can occur. It's likely going to be painful and overwhelming at some point. That is expected. Offer yourself reassurance about this.
- Plan to take time off during and after the death of your loved one. Let yourself rest and do whatever you need to do to take care of yourself.
- If you are doing a lot of caregiving, consider reaching out for support in whatever way works for you. Non-stop caregiving isn't sustainable or healthy and can leave you feeling burned out. It could also lead to becoming ill yourself.

During Death:

- Let yourself feel. Notice your experience from a place of curiosity and compassion. Be patient with yourself.
- Adjust and reduce the expectations you have for yourself. Slow down.
- Let others take care of you and support you.

After Death:

Denial and shock. Notice them. These responses are something to gently monitor, and if you find them lasting for a while, perhaps it's time to reach out for professional support.

Big, uncomfortable emotions such as anger, grief, fear, and loneliness. It's likely going to be painful and overwhelming at various times. That is normal. Offer yourself reassurance about this.

Existential questions. After someone's death, it is very normal to find yourself wrestling with existential questions. Examples of these questions could be, 'What is the point of life if it ends?', 'Does anything really matter now?', or 'Who am I without this person?'. Talk about these questions with trusted people, even if you aren't able to quickly find satisfactory answers.

Moments of happiness, laughter, and normalcy. I generally believe that no feeling lasts forever (or stays the same forever). Comfortable feelings do not last forever, and uncomfortable do not last forever. While it can be confusing to feel happy again, it is a natural part of learning to live with loss and moving through grief.

Danielle Lancaster
Registered Psychotherapist
Interfaith Counselling Centre



Windows • Doors • Retractable Screens

1239 Notre Dame Drive Petersburg, ON
519-634-5852
www.bechtholdhome.com
sales@bechtholdhome.com

Traveling Reflexologist

Jody Vleeming RRP, RRCO
519-616-4055 (Text or call)

Reflexology can help to:

- ~ Alleviate Pain
- ~ Bring the Body into Balance
- ~ Promote Healing
- ~ Boost Circulation & Lymphatic System
- ~ Improve Sleep & Digestion
- ~ Reduce Stress & Improve Mood
- ~ and Much more...

Thegroundedsoulstice@outlook.com



Ask the Doctor

with Dr. Nicole Didyk

Getting ready for joint replacement surgery

If you're awaiting a joint replacement surgery, you're in good company. Older adults in Ontario undergo over 40,000 hip and knee replacements annually, most often due to osteoarthritis (70-99%). Most people having a joint replaced are looking forward to reduced pain and disability, and an increase in mobility.

Rehabilitation is a major part of joint replacement surgery, and it starts with "prehab". There are some critical steps to increase your chance of success with surgery:

1. Learn as much as you can about the surgery. Come to your pre-op appointments with all of your questions and consider bringing a support person with you so they can hear the information as well.

2. Optimize your health status:

- Try for a healthy weight. For some, this means losing a few pounds, for others it's time to keep up an adequate intake and maintain.
- It's never too late to quit smoking, which greatly cuts the risks of surgery and recovery.
- Review your medications and be sure you clearly understand which ones may need to be held or reduced at the time of the operation, and any new ones that may be prescribed after surgery.
- Follow recommended exercise plans to keep your joints and muscles strong and limber.
- Work with your medical team to manage pain as best you can, so you can keep moving before the operation.

3. Build your team. You may need a support person for a week or more after surgery. Ask your surgical team if a referral to Ontario Health at Home is needed to get Personal Support worker help, Occupational Therapy, Physiotherapy or other services (these are covered by OHIP).

4. Organize your environment. Arrange for any equipment you may need to buy or rent. Consider whether you will need to rearrange your bed and

bathroom routine to avoid stairs. Some people move into a retirement home temporarily to recover after surgery, so that cooking, cleaning and other tasks can be taken care of by others.

NEXT TIME: Recovering from Joint Replacement Surgery

251A Huron St
New Hamburg
519-662-3710
 nhorders@mnoofficepro.ca
 mnoofficepro.ca

MITCHELL & NEW HAMBURG
OFFICE Pro
Good People, Who Know
 A division of B & V Enterprises Inc.

Online Photo Service
 mnoofficepro.photofinale.com

RITZ PRINTING

(519) 662 2200 | info@ritzprinting.com

27 Peel Street, New Hamburg ON N3A 1E6

Morgan Miller www.ritzprinting.com

Exceptional Service
Advanced Technology
Premium Quality

FOCUS
 computers inc.

73 Peel St,
New Hamburg,
519-662-6720

- **ONSITE AND IN-STORE SERVICE**
- **COMPETITIVE PRICING ON NEW & USED COMPUTERS**
- **AFTER SALE SERVICE THAT CAN'T BE BEAT!**
- **VIRUS REMOVAL, UPGRADES & MORE!**

Wilmot & Wellesley Resource Centre Presents



Grandmothers Circle

A group for elder women to share wisdom and what's on their hearts, to listen, and to connect by supporting one another.

You do not need to be a grandmother to join.

August 13 & August 27
2:00-3:30 pm

Learn how to knit or crochet dish cloths while getting to know one another.




Join us on the 2nd and 4th Thursdays of the month
WWRC - 175 Waterloo St., New Hamburg

Pre-registration is required.
Limited space available!

Wilmot & Wellesley Resource Centre

info@wilmotwellesleyre.ca 519-662-2731 wilmotwellesleyre.ca

Celebrating 13 Years!

Spring is here!
Let us help make your home sparkle.

Senior Discount
15% OFF!



Window Cleaning • Siding Cleaning • Exterior & More!

Visit us at:
www.wilmotwindowcleaners.com
Book your spring cleaning today!

WEDNESDAY NIGHTS

Baden Cruizin at the Pond



Wednesdays 4 till Dusk
June - July - August

"It's All About the People & Their Cars"



Corner of Charles St & Foundry St. Baden

Take a walk down memory lane
Spend your Wednesday evenings with us

June 3rd to August 26
4 p.m. - Dusk
(Weather permitting)

Great food by Petersburg Optimist
Music, door prizes, 50/50 draw
Classic and unique vehicles
Most of all ... great people

Contact Helen for more info
519-616-4089

Follow us on Facebook
<https://www.facebook.com/groups/2133785050132664/>

FOCUS
computers inc. • SALES • SERVICE • UPGRADES • REPAIRS

Cloverleaf Farms
FOOD OUTLET & More
"It's goodness, you can see"

RR PERFORMANCE CENTRE
• OIL CHANGES • TIRE ROTATIONS • BRAKE SERVICE



Your neighbourhood pharmacy
for **25 years.**

martin's
Guardian Pharmacy+

(519) 664-3785

10 Parkside Dr, St. Jacobs
Woolwich Community Health Centre

Guardian

Option+

diem

Accredited
Pharmacy 2006

25th
anniversary

martinspharmacy.ca



— *FOR ALL THINGS
THAT MOVE YOU*

LET'S WORK TOGETHER!

TRICIA MILLER

REALTOR®

📞 519-590-5995

📍 5-25 Bruce St, Kitchener

✉️ miller@gto.net

JIM MILLER

Real Estate Broker

📞 519-580-5061

📍 5-25 Bruce St, Kitchener

✉️ miller@netflash.net



The Wilmot-Tavistock Gazette



**Your Community.
Your Stories. Your Trusted
Local News Source.**

**When you want news you can trust, you turn
to the people who know your community best.**

The Wilmot-Tavistock Gazette brings you reliable reporting on local news, community events, and sports across New Hamburg, Tavistock, Baden, Wellesley, New Dundee, St. Agatha, Shakespeare, Petersburg, Hickson and Punkeydoodle's Corner.

Real stories. Real people. Real local journalism.

Contact us at: thewtgazette@gmail.com

www.granthaven.com/wilmot-tavistock-gazette



THANK YOU FOR



YEARS

1065 Huron St. New Hamburg
hillcrestservice.com

519-662-1750

Providing accessible transit to
Woolwich, Wilmot and Wellesley

KIWANIS TRANSIT

Specialized transportation for

- 65 years of age or older (proof of age required)
- CNIB registrant (proof of registration required)
- Physically disabled
- Developmentally disabled
- Have a temporary disability

CONTACT US



www.k-transit.com



519-669-4533



EMPLOYMENT



**SOCIAL
ACTIVITIES**



MEETINGS



**MEDICAL
APPOINTMENTS**



**SHOPPING &
SOCIAL**



**DAY PROGRAMS
AND MORE...!**

COMMUNITY BUSINESS DIRECTORY

AUTOMOTIVE

Expressway Ford Lincoln

1554 Haysville Rd., New Hamburg | 519-662-3900

751 Erie St., Stratford | 519-271-3900

www.expresswayford.com

Hillcrest Service - NAPA Autopro

Automotive Sales, Service & Towing

1065 Huron St. New Hamburg | 519 662-1750

Petro-Canada & Car Wash

200 Waterloo St unit 2, New Hamburg

519-662-1818 | Full Service Gas Tuesdays 8-6

Rudy Held Performance Centre

Car Parts & Accessories

147 Arnold St. NH | 519-662-2821

COMMUNITY HEALTH CENTRES

Woolwich Community Health Centre (WCHC)

Serving Woolwich, Wellesley, & Wilmot at 3 sites!

St. Jacobs – 10 Parkside Drive – 519-664-3794

Wellesley – 1401 Queen's Bush Rd. – 519-656-9025

Linwood – 3777 Manser Road – 519-698-1122

COUNSELLING SERVICES

Lassen Counselling

Colleen Martin, Registered Social Worker

Andy Martin, Registered Psychotherapist

16 John St W., Waterloo | 226-909-6786

<https://www.lassencounselling.ca/>

Interfaith Counselling Centre

23B Church Street. New Hamburg, ON N3A 1J1

519-662-3092 | admin@interfaithcounselling.ca

DENTAL

Wilmot Smiles

Independent Dental Hygiene Clinic

Online booking at www.wilmotsmiles.ca

New Hamburg, ON | 226-880-1648

EVENT VENUES

The Waterlot

Venue for intimate Celebrations

90 Wilmot St | New Hamburg

519-575-8522 | www.thewaterlot1847.com

Email: Waterlotevents@gmail.com

Instagram: The.waterlot1847

FITNESS & WELLESS

Be Energized Fitness & Wellness

Beth Martin - Personal Trainer, Yoga Instructor

and Thai Yoga Stretching | www.beenergized.ca

New Hamburg, ON | 519-588-5325

FLOORING & HOME DECORATING

St. Clements Heart & Home

1011 Industrial Cres., St. Clements

LetUsFloorYou.ca | 519-699-5411

FOOT CARE & ORTHOTICS

Active Alignment Orthotics, Bracing & Foot Care

100 Mill St, Unit C New Hamburg, ON

519-390-0327 | <http://www.alignment.com/>

FUNERAL HOMES

Futher-Franklin Funeral Home

Christopher Franklin, Owner/Director

1172 Henry St., Wellesley

519-656-2880 | www.futher-franklinfuneralhome.com

chris@futher-franklinfuneralhome.com

Mark Jutzi Funeral Home

291 Huron St., New Hamburg

519-662-1661 | newhamburgchapel@mjfh.ca

www.markjutzifuneralhomes.ca

HAIR SALONS

Comfort Cutz

1651 Erbs Rd | St Agatha, ON | 519-496-1246

Mobile Hair Services Available

HANDYMAN & CONTRACTORS

Hurlbut's Home Improvement - Shawn Hurlbut

Repairs & Small Renos

226-581-1175 | Shawnhurlbut9@gmail.com

www.facebook.com/HurlbutsHomeImprovements

Jason Zinger - Handyman Services

Call or Text 519-577-4258

HEARING CLINICS

HearingLife Canada Ltd.

5-10 Waterloo St., NH | 519-662-6884

hearinglife.ca/centers/ontario/new-hamburg

COMMUNITY BUSINESS DIRECTORY

HEATING, COOLING & PLUMBING

Generations Heating and Air Conditioning Ltd.
Serving KW and Surrounding Area for 20+ Years
www.generationsheating.com | 519-635-4561

Macker Mechanical - Brad MacDonald
Heating, Cooling & Hot Water | 519-591-3871
Lifelong Resident of Wilmot Township

Schweitzer's Bath and Kitchen
1768 Erbs Rd, St. Agatha | 519-747-1819

W Plumbing
Jordan Eby, Plumbing, Heating & Septic Services
jordan@wplumbing.ca | 519-575-5639
www.wplumbing.ca

HOME ORGANIZATION & CLEANING

Tammy Lee Hauser | Organizing Expert
Organizing/Decluttering/Downsizing/Coaching
519-521-LESS (5377) | www.lighthausliving.com

Wilmot Window Cleaners
Since 2013 | 519-572-9645
<https://www.wilmotwindowcleaners.com/freequote>

HOME SUPPORT SERVICES

Articulate Nursing Ltd. - Cheri Petch
Footcare, Hair Care & Housekeeping
Waterloo: 519-503-5134 | www.articulenursing.com

Community Care Concepts
Meals, Rides & Home Help
519-664-1900 or 519-662-9526

Promyse Home Care
Nurse Managed In-Home Care
519-208-2000 | www.promyse.ca

KITCHEN REFINISHING

C&A Kitchen Refinishing
Baden, ON
www.cakitchenrefinishing.com | 519-590-4986

MASSAGE/CHIROPRACTOR/ PHYSIOTHERAPY/REFLEXOLOGY

Peak Physiotherapy & Wellness
1600 King St. N. #10 | St Jacobs
info@peakphysiowellness.com | 226-288-9743
www.peakphysiowellness.com

Soles Journey Reflexology
147 Arnold St. New Hamburg | 519-505-1616

The Grounded Soulstice (Reflexology)
Jody Vleeming, RRPr, RRCO | 519-616-4055
thegroundedoulstice@outlook.com

The Health Collective - Baden
18 Snyders Rd. W. Baden, ON | 519-634-9819
baden@thehealthcollectivebaden.com
www.thehealthcollectivebaden.com

PET CARE

Pet Valu New Hamburg
100 Mill St., NH | 519-390-0265

PHARMACY

Cooks Pharmacy
75 Huron St. NH | 519-662-2640
1201 Queens Bush Rd., Wellesley | 519-656-2240

Martin's Guardian Pharmacy
10 Parkside Drive St. Jacobs ON | 519-664-3785

Pharmasave
Town Square Pharmacy | 100 Mill St. NH
519-662-9995
Baden Village Pharmacy | 18 Snyder's Rd. W. #6A
519-214-4000
Breslau Commons Pharmacy | 10 Townsend Dr.
#10 | 226-243-5200

PROFESSIONAL SERVICES

Compassionate End-of-Life Ceremonies - Angie Hallman
519-574-1572 | www.angiehallman.com
Funeral & Life Celebrant Services
MAID Bedside Ceremonies

REAL ESTATE

Alison Wilsey | Peak Realty
New Hamburg | 519-275-4900

Jim & Tricia Miller
Peak Realty Ltd. Brokerage
519-580-5061 | miller@netflash.net

COMMUNITY BUSINESS DIRECTORY

REAL ESTATE

Luke Shantz, Broker

Re/Max Solid Gold Realty (II) Ltd.
180 Weber St S. Waterloo ON
519-584-4400 | luke.shantz@outlook.com

Peak Realty Ltd. New Hamburg

Joanna Baechler (Broker) 519-588-2579
Jeff Baechler (Sales Representative) 519-722-6600

The Lambert Group

49 Foundry St. Baden, ON
226-241-9479 | www.lambertgroup.ca

RESTAURANTS

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley | 519-656-2430

Imperial Restaurant

60 Huron St | New Hamburg
519-390-6000 | www.imperialmarketeatery.ca

RETAIL

EasyWear Adaptive Clothing

Mobile Boutique | Cambridge, ON
(888) 908-7177 | Easywearadaptiveclothing.com

Focus Computers

73 Peel St., New Hamburg | 519-662-6720

MCC New Hamburg Thrift Centre

41 Heritage Drive New Hamburg, ON | 519-662-2867

MCC Thrift & Gift

59 Church St. W. Elmira, ON | 519-669-8475

Sobeys New Hamburg

100 Mill St, New Hamburg | 519-662-1374

ROOFING

Allan Beach Roofing

1136 Notre Dame Dr, Petersburg, ON
Office: 519-746-0752 | Cell: 519-741-6296
Email: stephanie.s.goertz@gmail.com
Local, Trusted & Affordable

NW Roofing of New Hamburg Inc.

59 Albert Street West | Plattsville
www.nwroofing.ca | 519-684-7693

SENIOR CARE FACILITIES

TCMH (Tri-County Mennonite Homes)

200 Boullee Street, New Hamburg | 519-662-2718
www.tcmhomes.com | info@tcmhomes.com

Trinity Village

2727 Kingsway Dr., Kitchener | 519-893-6320
Adult Day Program, Independent and Assisted
Living, Long Term Care | www.trinityvillage.com

SOCIAL SERVICES

Wilmot Active Living Centre

Free Drop-in Centre for Ages 55+, Crafts,
Exercise, & more | 519-634-9225 ext. #9340
1291 Nafziger Rd, Unit #1, Baden
alc@communitycareconcepts.ca

Woolwich Community Services

Information Centre, Individual Support, Food
Support and more | 519-669-5139

TRANSIT

Kiwanis Transit

Serving Wilmot, Wellesley & Woolwich
(519) 669-4533 or 1-800-461-1355

TRAVEL

Stonetown Travel Ltd.

210 Mill St. New Hamburg
226-333-9939 | www.stonetowntravel.com

WINDOWS & DOORS

Bechthold Home Improvements

1239 Notre Dame Dr. Petersburg, ON
www.bechtholdhome.com | 519-634-5852
sales@bechtholdhome.com



- Carpet
- Tile
- Vinyl
- Hardwood
- Custom Window Blinds
- Kitchen Cabinets
- Bathroom Vanities



www.LetUsFloorYou.ca

1011 Industrial Cres. Unit #2 • 519-699-5411

COMMUNITY BUSINESS DIRECTORY

EMERGENCY CONTACT NUMBERS

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

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

Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

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

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

Ontario Health atHome
1-833-515-1234

Suicide Crisis Helpline
Call or text 988

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

Elder Abuse Response Team
519-579-4607

Interfaith Counselling Centre
519-662-3092

Hospice of Waterloo Region
519-743-4114

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

Senior Safety Line
1-866-299-1011

Township of Wilmot
519-634-8444

Township of Wellesley
519-699-4611

Township of Woolwich
519-699-1647

Region of Waterloo Public Health
519-575-4400

**Ontario Caregiver Organization
Helpline**
1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY
PHARMASAVE 100 Mill St. Unit K, New Hamburg
P: 519-662-9995 F: 519-662-9984

Meet Your Local Realty Experts



**Helping you right-size your home to create space for what
matters most. We're here for you, every step of the way!**

JON LAMBERT - BROKER/REALTOR
49 Foundry Street, Baden, ON - (226) 241-9479



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)
- Sobeys New Hamburg (outside magazine stand)
- HearingLife formerly 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
- Heart & Home Creations NH



- McDonalds (outside magazine stand)
- LifeLabs/UltraScan Plaza (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
- 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: Look before you leap.

1	3	2	9	7	5	4	8	6
9	8	6	4	2	3	7	5	1
4	5	7	8	6	1	9	3	2
8	6	4	1	9	7	5	2	3
5	9	3	2	4	8	1	6	7
2	7	1	5	3	6	8	4	9
6	4	8	3	1	9	2	7	5
3	1	5	7	8	2	6	9	4
7	2	9	6	5	4	3	1	8





WELCOME HOME

like
& follow



Tavistock

MLS#40833529 PRICE: \$1,147,500

3+2 bed, 3 full baths, dbl. det. shop/garage, pool, over 3000 sq. ft. fin. space, in-law potential, walk down from garage to basement, 1/3 of an acre



Tavistock

MLS# 40841793 PRICE: \$599,900
3 bedrms, 2 full baths, bright updated kitchen, formal living and dining, deep yard, garage & pool



Tavistock

MLS#40823112 PRICE: \$819,900

3 bed 2 full baths, triple garage & triple wide driveway, spacious principal rooms, high ceilings, beautifully manicured lawn and gardens



Perth East Twp.

MLS#40813130 PRICE: \$890,000

5 bedrooms, 2 baths, just over 1/2 acre, quite area, minutes to Stratford/Tavistock, easy commute to KW/Woodstock



SUMMER IS THE PERFECT TIME TO START PLANNING YOUR NEXT MOVE

Whether you're hoping to be settled into a new home before the leaves begin to change or preparing to list your current property, the decisions you make today can help you achieve your goals this fall. One of the things I love most about being a REALTOR® is working with people. Every client has a unique story, different priorities, and a vision of what "home" means to them. I believe buying or selling a home is about much more than a transaction—it's about helping people through every step of the journey and seeing it through to the very end, until they've found the place that truly feels like home.

With over 20 years of experience in residential, rural, agricultural, and adult lifestyle real estate, I am committed to providing honest advice, knowledgeable guidance, and personalized service that puts your needs first. Whether you're purchasing your first home, upsizing, downsizing, investing, managing an estate sale, or making a lifestyle change, I'll help you navigate the process with confidence.

If you've been thinking about making a move before the busy fall season, now is the time to start the conversation. Together, we'll create a plan that helps you reach your real estate goals—and find the place you'll be proud to call home.

LET'S TALK ABOUT WHERE YOU WANT TO BE THIS FALL. I'M HERE TO HELP YOU GET THERE.



ALISON WILLSEY

Broker

REALTOR®



(519) 275-4900



willseyalison@gmail.com

PROFESSIONAL
HONEST
EXPERIENCED



PEAK
REALTY LTD
BROKERAGE

www.peakrealtyltd.com

25 Bruce St #5, Kitchener, ON N2B 1V4

90C Peel St., New Hamburg, ON N3A 1E3



Cook's Pharmacy
— We Do —



PET PRESCRIPTIONS & COMPOUNDING

*Customized medications for your furry
family members*



Customized medications for your furry family members



BILINGUAL SERVICE
(ENGLISH & 中文)



FREE DELIVERY

Convenient Pet Pharmacy:
Access to essential medications



Address: 101-140 Columbia St W, Waterloo, ON

Phone: 519-208-9767

Email: columbia@cooksrx.ca



Trusted by local pet owners