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EMBRACING CHANGE

VOL. 7 ISSUE 6

FEBRUARY 2025

Feature Business of the Month

Guardian

COOK'S PHARMACY

ON THE COVER:
WELLESLEY ACTIVE
LIVING CENTRE

COMMUNITY RESOURCE GUIDE
EMPOWERING SENIORS TO EMBRACE THEIR LIMITLESS POTENTIAL

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On The Cover

Participants at the Wellesley Active Living Centre, one of the newest spaces across our Townships for older adults to gather and connect with others. The cover profiles the very popular card group in Wellesley. The new Centre offers a broad range of programs and activities within the Wellesley Active Living Centre, to meet the diverse range of interests of older adults. Some of the participants include: Wolfhart Maydell, Bill and Elaine MacMillian, Helen Zurell, Grace Neeb, Anna Mae Steinman, Sandra Gerber, Lorne Hackart, Ed Heise, and Don Roth.

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



LETTER FROM THE EDITOR

As we welcome February and continue to celebrate the vibrant and fulfilling lives of seniors, we're excited to share some great news with you! Over the past year, many of you have reached out to us with requests for a subscription option to have Embracing Change delivered directly to your mailbox. We're thrilled to announce that we've listened and are now offering a yearly subscription for just \$49.99!

We understand that staying connected with our magazine is important to you, and we're always looking for ways to make it easier for our readers to enjoy the latest content without the hassle of having to pick up a copy each month. By subscribing, you'll be guaranteed to receive every issue right to your door, ensuring that you never miss out on the inspiring stories, tips, and insights that Embracing Change provides.

This subscription is our way of making sure that Embracing Change is always available to you, no matter where you are, bringing our celebration of aging, personal growth, and vibrant living straight into your home. To sign up, please email embracingchangeinfo@gmail.com or call 519-574-6428. We can't wait to continue being a part of your journey and to provide you with the tools, inspiration, and community that help you embrace this exciting chapter in life.

I would like to direct your attention to a new regular feature article in Embracing Change (page 6) on Inter-generational Conflict based on the emotional complexity of very common stressful family relations. It seemed to us that this current subject is of particular relevance in today's fast-changing world. Our writer, Will Brubacher, is a professionally certified Inter-generational Family Conflict Coach-Mentor who will have a lot of useful information to share with you.

We will have other new subjects to offer you as time goes on which we believe you will also find beneficial. It's going to be an exciting new year!

Thank you for your continued support and enthusiasm—it's your interest and feedback that helps us give you what you need – and love to read!

Enjoy!

Tara

FLASHBACK PHOTO

Wilmot Street

This black and white postcard shows the main intersection in New Hamburg of Peel Street and North and South Street (current day Wilmot Street). The Commerical Hotel (building on the right) was built in 1866. After the hotel suffered damage in an 1898 fire, it was rebuilt and stands to this day.

Across the street, Lion Park, with the bandstand, is in the foreground. There was a store in the original Commercial Block called the Golden Lion that had a gilded wooden sign in the shape of a lion. When the store closed down, the lion was taken across the street to the bandstand. This area became known as Lion Park and now has New Hamburg's fountain on display.



Courtesy of the Grace Schmidt Room, Kitchener Public Library



Our federal government is continuing to **support seniors** with:

- Affordable dental care
- Access to diabetes medications
- Affordable housing
- CPP, OAS, GIS, and Long-Term Care



TIM LOUIS

Member of Parliament, Kitchener-Conestoga

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FEATURE BUSINESS OF THE MONTH: COOKS PHARMACY

As the weather cools, Winter can cause issues for those with dry skin or eczema. Cook's Pharmacy offers solutions to combat these skin problems.

Causes of Dry, Flaky Skin:

- Heat sources
- Environmental factors
- Excessive bathing or scrubbing
- Harsh soaps and detergents
- Other skin conditions
- Medical treatments
- Aging

Dry skin symptoms include tightness, rough texture, flaking, scaling, cracking, and ashiness. The primary cause is the skin losing water faster than it can be replenished, often worsened by soaps and cold climates. Other potential causes include unsuitable moisturizers, over-washing, infrequent moisturizing, expired products, and underlying conditions.

Treatment Options:

- Use gentle, fragrance-free soaps
- Moisturize several times a day, especially after bathing
- Use thicker moisturizers at night and lighter ones in the morning
- Avoid expired products
- Use sunscreen and avoid prolonged sun exposure
- Avoid harsh cleaning products
- Drink plenty of water
- Take warm (not hot) baths and showers
- Use a humidifier
- Consult a healthcare provider if symptoms are severe or persistent.

Causes of Eczema: Eczema is characterized by dry, itchy patches of skin and can be triggered by allergens, irritants, stress, and anxiety. It weakens the skin's barrier, leading to moisture loss and potential infection. Types of eczema include atopic dermatitis, contact dermatitis, dyshidrotic eczema, neurodermatitis, nummular eczema, and seborrheic dermatitis. Triggers include immune responses, skin barrier issues, family history, overactive immune system, stress, and environmental factors.



Treatment Options:

- **Topical Treatments:** Corticosteroids, calcineurin inhibitors, PDE4 inhibitors
- **Systemic Treatments:** Oral corticosteroids, biologic drugs
- **Phototherapy:** UV light therapy
- **Moisturizers:** Emollients, occlusive moisturizers
- **Lifestyle Modifications:** Avoid triggers, wet wrap therapy
- **Antihistamines:** Oral antihistamines
- **Other Medications:** Antibiotics for infections, immunosuppressants for severe cases

Things to Avoid:

- Scrubbing and over-exfoliating, which can worsen dry skin and eczema
- Stopping and starting treatments; consistency is key
- Not patch testing new treatments, which can cause further irritation

For effective treatment, it's important to consult with a healthcare provider and follow their recommendations.

The specialists at Cook's Pharmacy can help you find the treatment plan that works best for you. You don't have to struggle with dry skin or eczema alone – our team is equipped to provide insight and treatments to help manage your symptoms.

Cook's Pharmacy is proudly independent and treats all of our patients as unique cases, tailoring our services to meet your needs.

Book an appointment today, and get ahead of your dry, flaky skin and eczema this season.



Inter-generational Family Conflict

Written by: Will Brubacher

“You did WHAT?” (Part One)

Mom broke her hip falling down the stairs at home. Falls are the worst predictor of a commonly and tragically shortened life, especially for seniors; however, there’s yet another possibility that’s potentially almost as serious.

For example, mom is finally being released from the hospital, and she’s looking forward to returning to her home, her independence and familiar surroundings and friends. However, unbeknownst to her, her family have made other plans.

You see, they had been worried about mom being alone in the house since their father died. Moreover, they had also noticed that her memory was not quite as sharp as it had been, and didn’t want to confront her with their serious concerns.

So, they concluded that if there was ever a time to move her from the home, it was now. They’d be doing her a favour, and of course, under the circumstances they didn’t want to upset her with having to make any further decisions, especially life-changing ones.

Moreover, she was in no state to being involved in all the work of deciding on a new home, and all of the minute details of the transition. And having power of attorney for both health and property, made it easy and appropriate for the family to make such choices on her behalf. Surely she’d appreciate it.



So, instead of taking her back home they told her just before leaving the hospital that they were taking her to her lovely new home at a local retirement home. “Life would be so much better for her there, and she’d be able to make new friends, and she wouldn’t have the responsibilities of looking after the house, or depending on them for doing things for her”, they explained.

However, the family were shocked when she told them that she wanted to go home instead, and became defensive when she was so upset to hear that they had sold her house.

After all, they were only thinking of her!

Why would she be so angry and unreasonable?

Familiar story?

Yes, because this happens more times than you could ever imagine with the same result, basically caused by not just a break down in communication, and lack of understanding and respect; and also due to no forethought or prior discussion of the significant “what-if” scenario should a common circumstance like this arise.

It’s complicated from several points of view: mom not having a clear understanding of the absolute rights she was giving away when assigning Powers of Attorney; and no one thinking of having a discussion before hand of what her wishes might be in the event she was

incapacitated. Sadly, no one wants to spend the time, discussing these matters – until it’s too late.

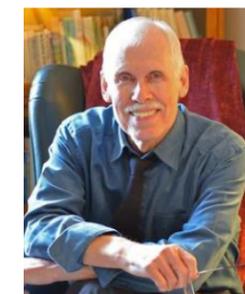
Moreover, no lawyer can predict the numerous and various situations that can arise in life, and incorporate them into the will because of the time, and additional expense involved. And it’s assumed that the parent will be protected by the trust they have in their family, especially those members assigned the critical roles of Power of Attorney.

However, what us often overlooked are two vital factors, one is that there is no training in handling the multiple complex and onerous responsibilities of Power of Attorney, and two, no expectation that the attitude of the family members might change once they are in a position with the power to make decisive, even life and death decisions on behalf of their parent.

This story isn’t over....next month we’ll dive deeper into this issue and continue our journey into the ‘jungle’ of inter-generational issues that can seriously impact the lives of both seniors and their families.

Will Brubacher

Family Conflict Coach and Elder Mediator
Certified by:
Ontario Association of Inter-generational Family Mediation
and Family Mediation Canada (Emeritus)



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Woolwich Community Health Centre

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Dying Is Normal – The Best Kept Secret

February 6th, 2025
10:00 – 11:00 AM

Avoiding discussions about death leaves many unsure of how to respond when it impacts their lives. Nurse Practitioner Katie Duncan leads a session normalizing the dying process, addressing myths, explaining symptom management, and sharing strategies to support the dying and their caregivers.

Trigger warning: This session may not be suitable for the recently bereaved.

Promyse Home Care: Nursing Footcare Workshop

February 13th, 2025
1:00 – 2:00 PM

A session focused on maintaining healthy feet, a foundation for overall well-being. As a certified footcare nurse, I will share practical tips and techniques to ensure optimal foot health.

Ontario Caregiver Organization

February 20th, 2025
10:30 – 11:30 AM

OCO exists to improve the lives of Ontario caregivers regardless of age, diagnosis of the care recipient or where they live. The presentation will go into detail about how we do this and the various programs and supports that OCO has to offer caregivers.



Ask the Doctor with Dr. Nicole Didyk

Have you ever left a medical appointment, thinking you understood everything that was covered? Only to have your spouse ask you what the doctor said, and you realize that you actually missed a lot of important information?

You're not alone. Up to 90% of people don't completely understand or recall the instructions they get from their doctor after a visit. This can lead to not following medical advice correctly, needing repeat visits, or seeking out Dr. Google.

Here are some tips for making sure you got it right:

1. Ask for additional material. Most doctors have pamphlets or brochures about common conditions or can print them off for you at your visit. Other resources may include a website, local agency (like the Parkinson Society or Heart and Stroke Foundation), even a YouTube channel or blog that can provide more information.
2. Take notes. Many patients or family members bring a notebook or electronic tablet to a visit to my office and take notes to review later. If you want to make an audio recording, be sure to ask the doctor first. Most of the time, this can be permitted as long as you or your family member (if it's their appointment) provide consent.
3. Ask about the best way to contact the doctor or office if there are further questions. Many doctors provide email access for follow up questions or may have a team member who can be reached after the appointment.
4. Speaking of other team members, ask if there are other professionals that you should speak to, such as a pharmacist, nurse or nurse practitioner, or physiotherapist. These professionals can review medical information with you and reinforce what your doctor recommends.

It's natural to have questions after a medical appointment, so use these strategies to make sure you can get the most out of your doctor visits.

For more information about aging and health, go to www.TheWrinkle.ca!

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don't need to give any identifying information.

Disclaimer:

Any comments Dr. Didyk may make regarding an individual's story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.

Cleaning Up for Emotional and Physical Safety and Wellbeing

Melanie Bergsma is the founder of HALO - Home and Life Organizers, which specializes in hoarded homes, estate cleanouts, and biohazardous cleanups. Since 2014, the HALO team has been dedicated to creating safe and healthy living environments.



As we age, maintaining a clean and organized living space becomes increasingly important for our emotional and physical wellbeing. For baby boomers, seniors, and their caretakers, the task of cleaning up can sometimes feel overwhelming, especially when dealing with hoarding, estate cleanouts, or biohazard situations.

The Importance of Regular Cleaning

Regular cleaning is essential for preventing health hazards and maintaining a safe living environment. Here are some tips to help older adults keep their homes clean and safe:

1. **Declutter Regularly:** Donate, recycle or throw away unnecessary items to reduce tripping hazards and make cleaning easier.
2. **Clean High-Touch Surfaces:** Regularly disinfect surfaces like doorknobs, light switches, and countertops to prevent the spread of germs.
3. **Address Spills Promptly:** Clean up spills immediately to prevent slips and falls. Use non-slip mats in areas prone to moisture, such as bathrooms and kitchens.
4. **Organize Medications:** Keep medications in a designated area and regularly check for expired items to help prevent accidental overdoses or missed doses.
5. **Maintain Ventilation:** Ensure proper ventilation in your home to reduce the risk of mold and mildew.

Hoarding and Health Risks

Hoarding can pose significant health risks, including fire hazards, tripping dangers, and the potential for mold and pest infestations. The accumulation of items can block exits, making it difficult to escape in an emergency. Additionally, the clutter can harbor dust, allergens, and pests, which can exacerbate respiratory conditions and allergies. Addressing hoarding behavior and maintaining a clutter-free home can significantly improve both physical and emotional health.

Estate Cleanouts and Emotional Wellbeing

When a loved one can no longer live in their home due to age, death, disability, or accident, the task of cleaning out the estate can be emotionally challenging. The process of sorting through personal belongings can evoke strong emotions and memories. However, a clean and organized space can provide a sense of closure and peace, helping families to heal and move forward. It is important to approach estate cleanouts with sensitivity and respect for the emotional significance of the items being handled.

Biohazards in the Home

Biohazards in the home, such as mold, mildew, and bodily fluids, can pose serious health risks. Mold and mildew can cause respiratory issues, especially in older adults with pre-existing conditions. Bodily fluids, if not properly cleaned, can lead to the spread of infectious diseases. It is crucial to address these biohazards promptly and thoroughly to ensure a safe living environment. Regular cleaning and proper hygiene practices can help prevent the buildup of biohazards in the home.

A Collaborative Approach to Cleaning

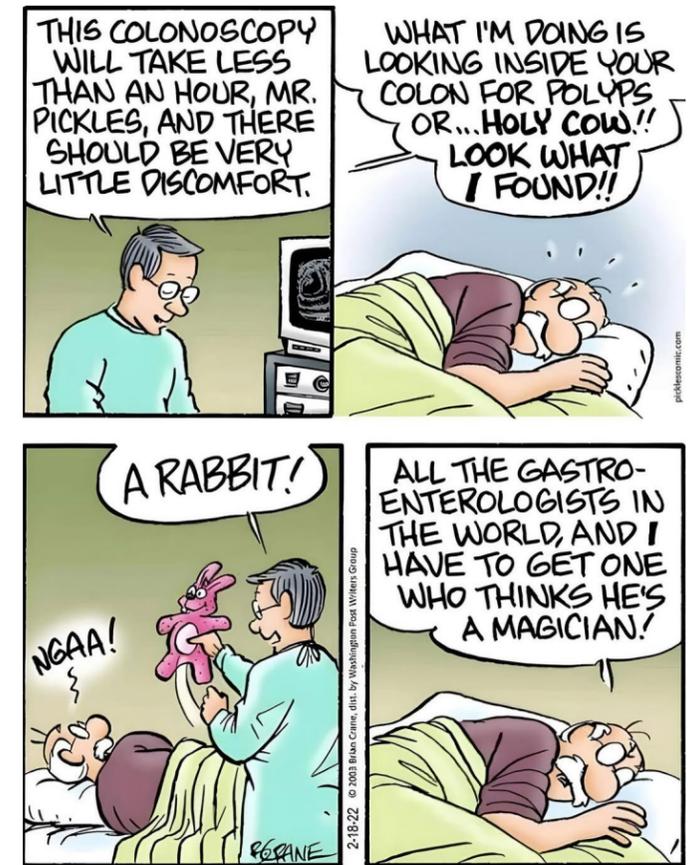
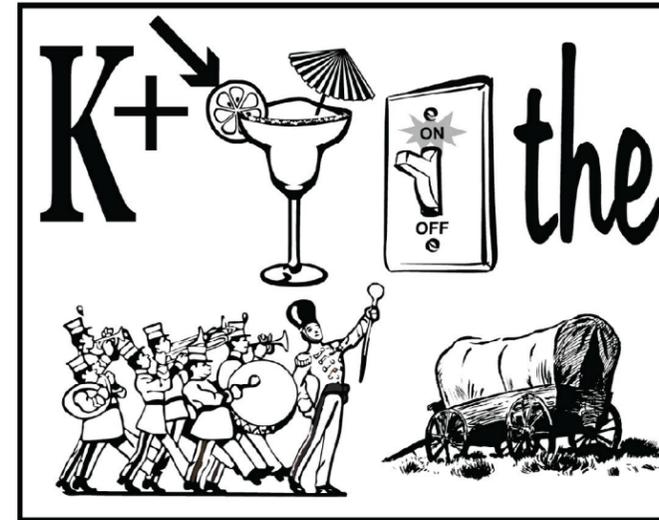
Maintaining a clean and safe home environment is a collaborative effort. Involving family members, caretakers, and professional services when necessary, can make the process more manageable.

By understanding the unique challenges of hoarding, estate cleanouts, and biohazard situations, older adults and their caretakers can take proactive steps to promote emotional and physical safety and wellbeing. For more information on professional cleaning services, visit HALO's website www.homeandlifeorganizers.com.

February Puzzles

Concentration Puzzle

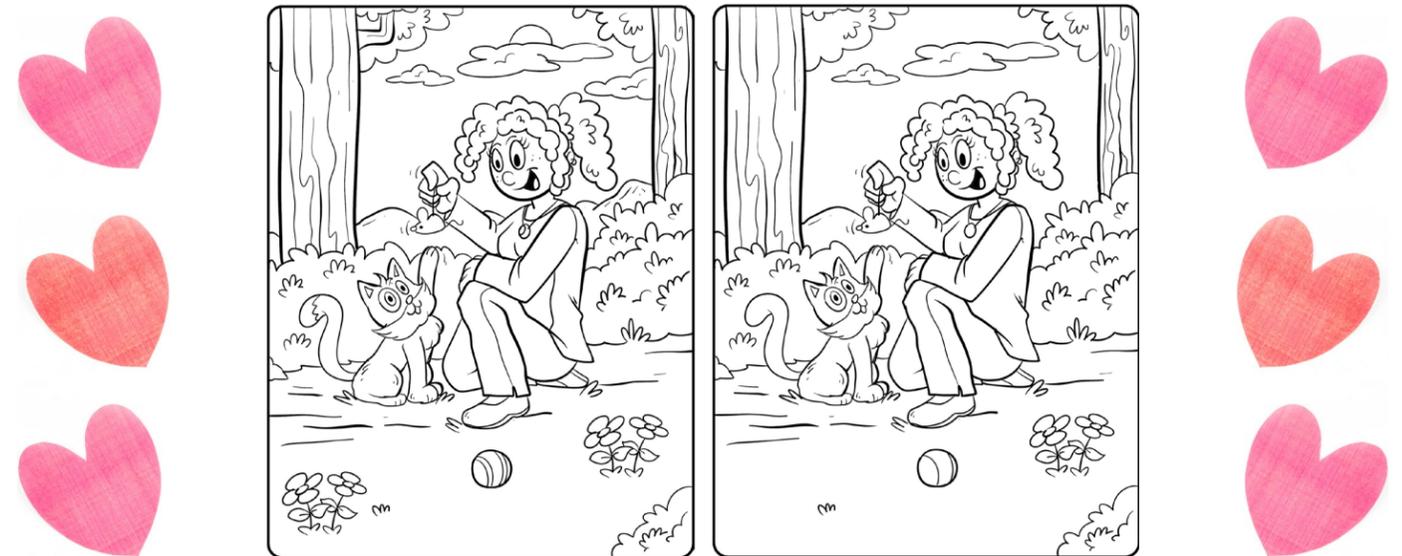
Use the visual clues in the puzzle to figure out what it says.



Laughing Matters!

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Solutions on page 30

Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST
heartandstroke.ca/FAST

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Learn the signs of a heart attack

	
Chest discomfort Pressure, squeezing, fullness or pain, burning or heaviness	Sweating
	
Upper body discomfort Neck, jaw, shoulder, arms, back	Nausea
	
Shortness of breath	Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pain.

If you experience any of these signs, call 9-1-1 immediately.

heartandstroke.ca/heartsigns



Celebrating Family Day with a Loved One Living with Dementia

Family Day is a wonderful opportunity to spend quality time with loved one. For those caring for a family member living with dementia, this special day can be an opportunity to create a meaningful time to connect and engage in activities that promote well-being and joy. While every person with dementia is unique, there are many simple, calming, and fun activities you can enjoy together that help foster connection and improve quality of life.

Here are some thoughtful ideas to celebrate Family Day with a loved one living with dementia:

Look at family photo albums - Browsing through photo albums is a lovely way to reminisce and spark conversations about happy memories.

Make a traditional family recipe - Cooking or baking together can evoke memories and create a sense of accomplishment. The sense of smell has a strong connection to memory. Your loved one may enjoy helping with small tasks, like stirring or setting the table.

Complete a puzzle together - Working on a puzzle together can be a calming, shared activity that fosters patience and cooperation while providing a sense of accomplishment.

Ask your loved one living with dementia about their childhood - Ask them about siblings, school, pets, or their first car. Even if they may not remember all the details, these conversations can bring joy and spark treasured memories.

Put on favourite music - Like the sense of smell, music has a powerful effect on the brain, and for many people with dementia, it can trigger memories and emotions. Singing along or simply listening together can bring comfort.

Take a Walk - If your loved one enjoys being outdoors, take a walk around the neighborhood, through a nearby park, or even in your own garden. Walking together not only provides physical benefits that can help slow the progress of dementia, but also offers the chance for conversation and connection.

Create a family tree together - Building a family tree is a wonderful activity that combines storytelling with meaningful reflection. As you create the tree together, chat about family members, past generations, and special memories.

Final Thoughts: Helping Your Loved One Live Their Best Day

Make spending Family Day with your loved one living with dementia a special time. Focus on simple, meaningful activities that bring comfort and foster connection. Remember, the goal isn't to do everything perfectly, but to create an environment where your loved one feels loved, valued, and supported.

At the Alzheimer Society Waterloo Wellington, we're here to make sure no one walks this journey alone. If you need more ideas, tips, or support, don't hesitate to reach out.



Winter: A Time for Reflection

I like to think of winter as a season of hibernation and time for reflection. My training as a therapist has shaped my appreciation for this. I believe regular reflection, whatever your age, can help facilitate a more meaningful existence and intentional way of being in the world. Contemplation can improve one's existence through creating more awareness around the different aspects of one's life. Taking inventory of our lives can help one live from a more conscious place. Unless we pause to reflect, we are likely to continue to do the same thing repeatedly simply because it's familiar. The human nervous system seeks to recreate what feels familiar because it feels comfortable. Humans tend to automatically behave in ways that are customary even if they are no longer serving us or our relationships. Intentional reflection allows us to move above the confines of our biology and create more meaningful lives. This is one of the benefits of therapy. Here are some questions for you to ponder during this season of hibernation:

Questions:

- What do my days consist of?
- What am I enjoying in my life right now? Are my routines serving me?
- What am I not enjoying in my life right now?
- What changes do I think might improve my life?
- Am I honoring my capacity and my limits and living in a way that is sustainable? Have I found a good balance between taking care of others and taking care of myself? *This question is especially important for older adults in caregiving roles*.
- How do I take care of myself?
- What does rest look like in my life? Do I make time for rest?
- What do I do for fun? How often does this happen?
- What gives me a deeper sense of purpose or meaning right now?
- Do I feel connected to others? If not, is there anything I can try to facilitate closer connection?

-Are there people or things in my life I regularly say yes to when I want to say no? Why is this?

-Are there people or things in my life I regularly say no to when I want to say yes? Why is this?

-If I look back on my life over the last five or ten years is there anything I wish I had done differently? Is this something I could make changes around now so that I don't have these same regrets going forward?

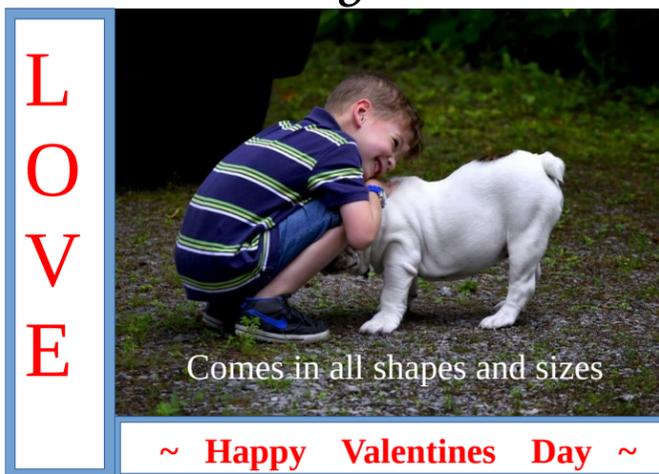
After reflecting on these questions, I'd encourage you to sit down and share your answers with someone. Perhaps you can discuss how you felt after pondering this. I invite you to notice whatever comes up for you with curiosity. Hopefully this exercise will offer insight and improve your quality of life as you continue journeying onward. I will leave you with the popular quote by Mary Oliver for inspiration: "Tell me, what is it you plan to do with your one wild and precious life?"

Written by,

Danielle Lancaster, Registered Psychotherapist (qualifying)



"Talking Pictures"



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COVER STORY

Staying Active: The Key to Aging Well and Independence

WRITTEN BY COMMUNITY CARE CONCEPTS

Finding opportunities to connect with others and to remain active is a key component to aging well and to maintaining independence. Across our communities we are fortunate to have access to Seniors Active Living Centres. On the cover this month, we have featured participants at the Wellesley Active Living Centre, one of the newest spaces across our Townships for older adults to gather and connect with others. We are grateful to the Township of Wellesley for their vision in creating a physical space at the new Township of Wellesley Recreation Complex (Bill Gies Recreation Centre) for older adults to gather and for their collaboration in working with staff at Community Care Concepts to offer a variety of programs and activities not only within the new recreation complex but also across Wellesley Township. In addition to this space, and through this collaboration, programs and services are also offered at the Hawkesville Community Centre, Linwood Recreation Complex and St. Clements Community Centre on a weekly basis. These services would not be possible without financial support from the Ministry for Seniors and Accessibility.

Within funding support from the Province of Ontario, Seniors Active Living Centres, including the Centre located at 1401 Queens Bush Road in Wellesley, provide an opportunity for older adults to keep fit, active, healthy and remain in their communities. Programs promote wellness, social interaction, inclusion and education, helping older adults to stay active, independent and engaged. Based upon the needs and interests of local residents, programs and activities range from cards, games, crafts, coffee groups, educational sessions, dining programs, special events, exercises and so much more. Programs and activities are coordinated with the range of programs and services offered by both the Townships and other service providers to create a broad continuum of services in our communities. Beyond the opportunity to stay active and connected with others the Active Living Centre also provides the opportunity to learn about and connect with other services and supports. Staffed by one of Community Care Concepts' staff, we also welcome the opportunity for older adults to volunteer to support or lead programs and activities in the Centre.

The cover of this month's magazine profiles the very popular card group in Wellesley. However, the Centre offers a broad range of programs and activities within the Wellesley Active Living Centre, to meet the diverse range of interests of older adults. In collaboration with the Township and other providers, we are continuing to grow our range of programs, services and supports available to older adults in Wellesley Township, providing a physical space for older adults to gather in the community. We would love to welcome you to the Centre and to hear your ideas of programs and services that you would like offered. For more information, please do not hesitate to contact us at 519-664-1900 or 1-855-664-1900.



Aging Well Across the Rural Townships

During February, we focus on important health causes such as the Heart and Stroke Foundation, which recognizes February at Heart Month, or the Canadian Cancer Society, which celebrates World Cancer Day on February 4th. There is no doubt that these are important causes and that maintaining a focus on our physical health is critical. However, the concept of maintaining good health stretches beyond our physical health. Best practice would suggest that maintaining health and ageing well depends on key components:

Physical health – Maintaining a focus on our physical health can help to prevent further health decline. Seeking timely advice and support from physicians or other specialists is critical to keeping our physical health in check.

Mental health– Mental health focuses on our emotional, psychological and social wellbeing. It affects how we deal with stress, how we interact with others and the choices that we make. Caregiving responsibilities can also contribute to your mental health and wellness. No one is immune to facing challenges with their mental health. As individuals have concerns or face struggles, it is important to reach out to others for guidance and support. There are excellent counselling services across our Townships that can provide support including Interfaith Counselling Centre, Woolwich Counselling Centre and the Community Health Centre. Others may choose to contact their physician if they have concerns. Supports available for caregivers include practical supports and opportunities to connect with other caregivers. A 24-hour hotline is available if you are experiencing a crisis and need to talk to someone immediately – Call Here 24/7 at 1-844-437-3247.

Nutrition – Making good nutritional choices, while important, can sometimes be difficult due to cost, access to healthy food choices or if you are trying to prepare meals on your own or for one. Across the Townships, there several options to help you to eat well, including attending one of our community dinners or accessing nutritional hot or frozen entrees through our Meals on Wheels program.

Exercise – Best practice tells us that participating in three 45-minute sessions of exercise each week can improve strength and balance while minimizing the risk of falls, the leading cause of health decline in older adults. There are many options available including accessing our free gentle exercise programs at locations across the Townships, walking regularly or participating in activities at community centres.

Maintaining Social Connections – While all the above components are critical, it has been determined the most important protective factor in helping people to age well is to maintain connections with others. This may include having a couple of individuals that you connect with regularly or remaining active in a variety of community activities, depending on your preference. A lack of social connections, or social isolation, has been directly linked to a negative impact on health. There are many opportunities to connect with others across the Townships. Join an Adult Day Program or take advantage of programs that are offered at community centres on a weekly basis, many which are offered for free. Explore many of the wonderful volunteer opportunities that are available to you. The important message is that you find ways to connect with others.

Combined, focusing on these strategies are important components that can help you to live well independently. For information on these and other opportunities, please contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.



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of Woolwich, Wellesley and Wilmot

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Emily Giau, Audiologist

Emily has extensive experience working with older adults which has led her into the hearing care industry for the last 5 years. As an audiologist, Emily has mainly worked in private practice settings and has traveled to retirement, long-term care and personal residences to provide exceptional hearing health care.

Education:

Bachelor of Science in Honours Health Studies/Aging Studies Option – Psychology Minor (University of Waterloo)
Master of Clinical Science in Audiology (University of Western Ontario)

Selina Mauro, H.I.S

Selina has 10 years of experience in the hearing industry as a Hearing Instrument Specialist and has also been certified in ear wax removal for 10 years as well. Selina also has experience working directly at a hearing aid manufacturer doing audiology support and training for all of Canada. Working as direct sales and training support for clinics traveling all over Ontario.

Education:

Bachelor of Science in Biology/Psychology Trent University
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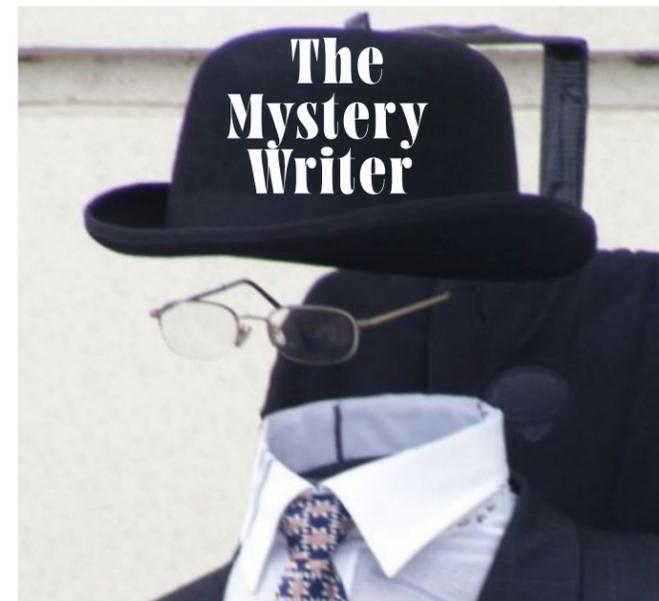
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In Part One, “How are you feeling...” I described how I thought many of us feel about beginning a new year posed with stressful and uncertain times ahead, feeling helpless. Take heart, because as I said, it’s history repeating itself, and individually, there are still things we can do that will make a difference.



PART TWO: Taking ‘LIFE’ into our own hands...

There comes a time to get serious about our response to stressful times, and to do what we can to create a strong RESISTANCE MOVEMENT, beginning within ourselves.

And I truly believe that one of our most effective responses to save our personal sanity, and restore our hope is through, HUMOUR.

Yes, you read that right.

It’s a fact that one of the most effective ‘life-changing’ solutions to so many problems is actually comedy.

And in the worst of times, people have depended on, and been cheered on by the incredibly powerful, and positive energy created by the mystical elixir of humour, and also the enchantment of music, among other easy options.

Think of the war songs for example, and their stirring messages of profound hope, and inspiration in people.

There’s nothing stronger, or more effective at changing a mood quicker, than laughter, and the lifting of our downtrodden spirit, than through the universal rhythms of music. (If you haven’t tried it,

and truly listened, it’s time you did.)

Remember the classic movies, plays, songs and musicals of the past, and how they uplifted the spirits of countless millions, and literally, nations of people, and created a solid wall of psychological resistance to the so-called ‘reality’ of the dark times? What better replacement for feeling the depression of doom and gloom? It’s not denying “reality”, it’s staring it down, putting another more ‘real’ perspective on it.

Remember too, that the good will of positive people sharing a common cause, has the capacity of replacing fear with faith, weakness with strength, cowardice with courage. The ‘gospel spirit’ in action.

The great battles weren’t all fought on the famous and infamous battlefields. I believe some of the greatest were fought in the hearts and minds of common people, ‘unknown heroes’ doing what they could, while waiting for their loved ones to return.

In difficult times like this, many ask, “So what can I do?”

Ok, what can we do? Well, we may be too old to ‘enlist’ (so to speak) but we’re never too old to persist, and resist the ‘enemy’, within and/or without, that wants to prey on our fears, suspicions and insecurities.

We CAN fight back by changing our outlook – by shoring-up our morale, and strengthening ourselves, and our communities with counter ‘terror-resistant’ truth, and belief that tomorrow will be a better day – and that love and moral right will rule supreme in the end.

Know your Role: First, it’s important to realize that there are highly skilled people in critical positions working at what they can do, and that we cannot in every difficult situation. Trust in them, and pray for their wisdom, powers and clear vision.

Next, we can strive to maintain a positive attitude and outlook, and uplift our fellow human beings, family and friends, who may be feeling stressed and depressed – with our unyielding strength and resilience, encouragement and hope.

And while, it’s good to keep generally informed about what’s going on in the world; we must not allow ourselves a daily diet of shallow, and constantly changing news information that is never the full story.

Often the only intent of the media is to stir our insecurities, and deplete our emotions keeping us feeling dependent on them. Remember, negative news is aimed at mostly discouraging our spirit, and keeping us down, and bringing us back to them for

more. Stop it.

Just say “no” to negativity of any kind that preys on keeping us weak and scared. Don’t let it. May I remind you that it’s necessary and healthy to be skeptical at times like this, to protect ourselves when it comes to information overload.

And stay away from contributing to the usual ‘misery-loves company party’ that only feeds bad judgment and low morale. Don’t buy into it.

Getting angry doesn’t help either, and is a total waste of time. Think of it as an insidious threat and vile temptation to destroy our strength and faith, rather than build on it. Don’t respond to it.

And let’s get serious about bringing lightness and humour into our lives, and others. For example, start your day with the clear and conscious thought that “This is going to be a good day!” GO into the day with a positive outlook and a smile on your face. (I can tell you that putting a smile on your face gives all of your body cells a positive boost! It’s as easy as that. Really.)

Share the love... Don’t hesitate to ‘gift’ sincere compliments and genuine smiles to those met, or passed along the way. The unexpected surprise will make their day! And maybe, they’ll do the same by passing it on.

Remember whatever we give – is returned if only in our feeling good about giving. And pretty soon we’ll feel the effects of that ‘gift’ coming back like a ‘tide’ to us, buoying us up in the form of new hope and positive attitude spreading across the community. It’s very powerful. Believe me.

Develop this kind of tried and true ‘resistance’, and it will strengthen, and save your morale, and the energy of ‘good’, will prevail in the end. And most importantly, it’s something that we can all do – and must be doing for ourselves and others.

Let’s rise up as a united force of ‘resistance’ to shield ourselves from negativity, and to fight back the present powers of growing darkness.

The more we do, the lighter the burden, and the lighter our spirits will be, which have always changed the strongest ‘winds’ when they were needed most. This is the real spirit of miracles.

And I don’t know about you, but I believe in miracles ... which always brings a ‘soulful’ smile to my face.

By the way, have you heard this one:

“My Grandmother was a very tough woman, she buried three of her husbands, and two of them were just napping.” Rita Rudner

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Writing: For the Love of it

For years, I thought my voice was what came out of other people’s mouths. Which was fine – they were speaking their truth – it just wasn’t mine. I didn’t have the experience of life to find out for myself. Eventually – with decades of life to draw upon – I saw there were commonalities between them and me. But, then I realized that just because I believe something to be true... doesn’t make it right... or wrong. It’s just that we’re all trying to explain our shared experience.

And, no matter how vibrant the colour of truths I discovered, there were always areas of gray. Still, there were also universal truths to which we can all relate – in various religions, poetry, songs, and inspirational treatises presented to the world by artists and learned men and women, all down through the ages. Unfortunately, they often disagreed among themselves. No one’s perfect; but, their message may be fine for you. So, why bother trying to understand? Because, in the end, isn’t it up to you... me?

Personally, I found the bible had a better metric to answer this dilemma: *“Even if I know all mysteries and all knowledge... without love I’m nothing... a noisy cymbal!”* Then I learned something else. As jazz saxophonist great, Charlie Parker, said, “If you don’t live it, it won’t come out your horn.” What... you mean I have to actually be this stuff?

Beatles leader, John Lennon, concluded... the message of the Beatles was about learning to swim and then swim... not putting it on teachers.... you’re on your own. Yet, love is still patient and kind... does not keep a record of wrong. That’s not what’s been coming out my pandemic horn, lately.

“Well it’s alright, remember to live and let live

Well it’s alright, the best you can do is forgive”

~ End of the Line by The Traveling Wilburys

<https://youtu.be/UMVjToYOjbM?si=052BWBpwqOjodM7s>

However, we’re never sorry tomorrow, for doing what’s right today; we can all read the writing on the wall. Like Simon and Garfunkel sang it, *“Like a bridge over trouble waters, I will lay me down.”*

This is no ordinary time. We still see people who are suffering; or, people being reminded that they’re not as equal as the rest of us. So, what can we do?

Lennon reiterated that the Beatles story is all about producing your own dream. I think that that’s reassuring during our Covid-19 times – where the future is so uncertain – causing many to become depressed and fearful. But, the Beatles message is exactly that: just accept it’s unknown... then anything is possible. People can’t provide it for us. We have to do it ourselves.

A famous author said he had been a professional jazz musician, then a sportswriter before having his first book accepted... ‘as one door closes.’ As anthropologist Margaret Mead said, *“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”* Let’s keep open to every opportunity. Be well!

That’s the way I figure it. – Fred Parry



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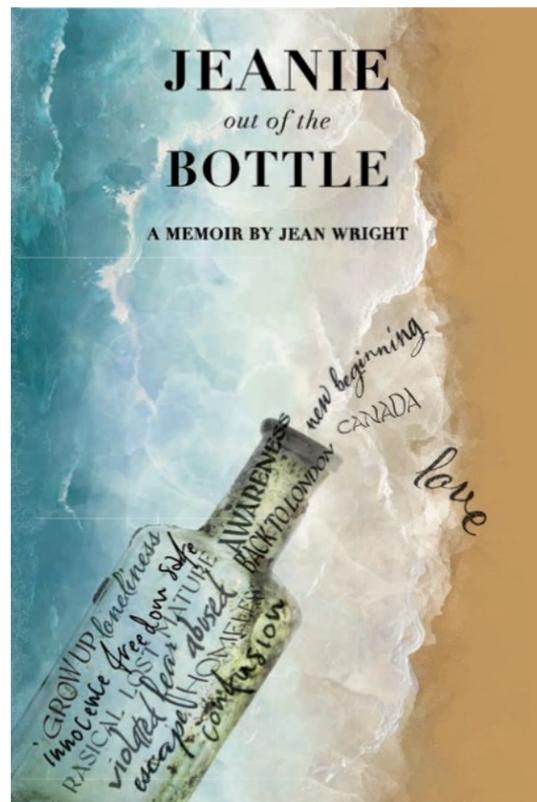
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"Jeanie out of the Bottle" is available for \$20 from; JeanWright.ca, publisher ardith.ca or can be found on amazon.ca in both paperback and Kindle version.

Please visit JeanWirght.ca to find out more about the book.

The author is available for question and answer meetings with Book clubs. Interested should contact her at; jeanjosephinewright@gmail.com.

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- Acne
- Allergic rhinitis
- Aphthous Ulcers (Canker Sores)
- Candidal stomatitis (Oral Thrush)
- Conjunctivitis (Bacterial, allergic and viral)
- Dermatitis (Atopic, eczema, allergic and contact)
- Diaper dermatitis
- Dysmenorrhea
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids



75 Huron St,
New Hamburg
519-662-2640

Monday - Thursday:
9:00am - 8:00pm
Friday: 9:00am - 7:00pm
Saturday:
9:00am - 4:00pm

- Herpes labialis (Oral Herpes)
- Impetigo
- Insect bites and urticaria (Hives)
- Tick bites, post-exposure prophylaxis to prevent Lyme disease
- Musculoskeletal sprains and strains
- Nausea and vomiting of pregnancy
- Pinworms and threadworms
- Urinary tract infections (Uncomplicated)
- Vulvovaginal candidiasis (Yeast infection)



1201 Queens Bush Rd,
Wellesley
519-656-2240

Monday - Friday:
9:00am - 6:00pm
Saturday:
9:00am - 2:00pm
Sunday: Closed

Call to book an appointment!

*Conditions may apply. Ask us for details.

Guardian