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# EMBRACING CHANGE

VOL. 8 ISSUE 2

OCTOBER 2025

ON THE COVER:  
THE WILMOT ACTIVE LIVING CENTRE  
OFFERS A REFRESHING BREAK FROM  
THE DAILY GRIND — A PLACE TO TRY  
NEW ACTIVITIES, BUILD FRIENDSHIPS,  
AND CONNECT WITH COMMUNITY.

Feature Business of the Month

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LISTING: PAGE 27



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**On The Cover**

The Wilmot Active Living Centre (ALC), offered by Community Care Concepts in collaboration with the Township of Wilmot at the Wilmot Recreation Complex, offers both a reprieve from the daily grind of life and a chance to engage in new opportunities and foster new friendships and community.

Picture from Left to Right: Sandra H, Wilma O, Archie O, Roger W, Kay L, Satmun S (blue shirt), Sue S (green his wife), Cathy W (Blue Jersey), Deb K (Red Canadian Jersey), Karen B, Judie B, Marlene T, Audrey M., Brian S, Brenda A, Donna R-B, Donna B.

See the full cover story on page 12

**Cover story written by:** Abigail Otterbein, Wilmot Active Living Centre

**Cover photo credits:** Community Care Concepts



LETTER FROM THE EDITOR

As the leaves turn brilliant shades of red and gold, October invites us to slow down, reflect, and take stock of all that we have to be grateful for. Thanksgiving offers a perfect pause — a moment to gather with loved ones, share a meal, and celebrate the abundance in our lives. Whether your table is full of family and friends or it's a quiet day of reflection, I hope you find time to notice the big and small blessings around you. Gratitude has a way of bringing us back to what really matters — connection, kindness, and community.

This season is also a reminder of the importance of keeping one another safe. In October we recognize Fire Prevention Week from October 5-11. This year's theme is a powerful one: "Charge into Fire Safety: Lithium-Ion Batteries in Your Home." While these batteries make our lives more convenient, they can pose a serious risk if not used correctly or if they become damaged. Lithium-ion batteries can overheat, catch fire, or even explode when mishandled. See page 23 to learn how to BUY, CHARGE, and RECYCLE these batteries safely, so you can help prevent a fire in your home.

As we celebrate this season of gratitude, I want to extend my thanks to you — our readers, advertisers, and contributors — for being part of this growing community. Your support keeps this publication thriving and allows us to continue connecting older adults, caregivers, and local businesses with resources and inspiration each month.

May this October be a time of warmth, reflection, and renewed appreciation for the simple joys in life. From my table to yours, I wish you a safe and happy Thanksgiving.

Warmly,

*Tara*



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# PHARMASAVE

## Home Health Care



# Town Square Pharmacy

100 Mill Street Unit D, New Hamburg P. 519-662-9995 F. 519-662-9984

## Get the Help You Need at Home: Home Health Rentals at Town Square Pharmacy

Sometimes, people need a little extra help to stay safe and comfortable at home. This can happen after surgery, an injury, or just because of getting older. That's where home health rentals come in! At Town Square Pharmacy, we offer many kinds of home health equipment that you can rent instead of buy. It's a smart, easy, and affordable way to get the help you need.

### What Is Home Health Equipment?

Home health equipment is used to help people take care of their health at home. It can help with walking, bathing, or just moving around the house. Some people need it for a short time. Others may need it for a little longer. Instead of spending a lot of money to buy it, you can rent it for as long as you need!

### What Can You Rent?

At Town Square Pharmacy, we offer many different types of home health rentals. Here are some of the most popular items:

- **Wheelchairs** - Great for people who can't walk easily or need extra support.
- **Walkers and Canes** - Help people move around safely without falling.
- **Crutches** - Useful after a leg or foot injury.
- **Hospital Beds** - Adjustable beds that make it easier to sleep, sit up, or rest.
- **Shower Chairs and Bath Benches** - Make bathing safer and easier.
- **Cyro cuffs** - Help people who have had surgery, for swelling and inflammation.
- **Knee Scooters** - A fun and safe way to get around after a foot or ankle injury! All of our equipment is clean, safe, and ready to use. We make sure everything works perfectly before we rent it out.

## Why Rent Instead of Buy?

Renting has many benefits. It saves money, especially if you only need the equipment for a short time. It also gives you the chance to try something out before you decide to buy it. And when you're done, you just return it-no need to store it or find someone to sell it to.

Plus, at Town Square Pharmacy, we make renting easy. Our friendly staff will help you choose the right equipment and explain how to use it. We're always here to answer your questions!

## How to Get Started

Getting started is simple. Just stop by Town Square Pharmacy and ask about our home health rentals. You can also call us ahead of time to see if we have what you need. We'll help you fill out a short form and show you how the equipment works. You can rent by the week or month-whatever fits your needs best.

## We're Here for You

At Town Square Pharmacy, we care about our community. We know that being at home should feel safe and comfortable, and we're proud to help make that happen. Whether you need a wheelchair for a few days or a hospital bed for a month, we've got you covered.

Come visit us today and see how easy it is to rent home health equipment at Town Square Pharmacy!

Flu shot season is coming soon, please check in with one of our staff members to help assist you with signing up for registration.





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## Petersburg Ontario Railway Station

At first, the train that stopped in Petersburg was part of the Grand Trunk Railway when the railway was built in 1856. The station was located on the east side of Notre Dame Drive north of Snyder's Road. Eventually the railway became part of the Canadian National Railway in 1923 and ran through the station until it closed in 1967. The station contained a small passenger waiting area, a ticket office and washrooms on the far left of the photo.

The station was relocated to Doon Heritage Village in 1968 where it was restored to a timeframe of 1914. So, there's still a way to view the original Petersburg station if you take a trip into Kitchener!



Courtesy of the Grace Schmidt Room, Kitchener Public Library

## COFFEE HOUSE TALKS

LEARN, CREATE, SHARE



**Coffee House Talks is a monthly program adults 55+ in Wilmot or Wellesley townships. Each month provides an opportunity to learn new things, share information and create new relationships!**

### Refreshments Provided!

*Past topics have included gardening, healthy living, financial safety, or hands-on arts and crafts activities!*



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## THANKSGIVING FOOD DRIVE

**It's that time of year again when the New Hamburg Firebirds ask for your continued support and be part of the team in their you annual Thanksgiving Food Drive.**

Since its inception, the New Hamburg Firebirds Thanksgiving Game Night, along with the students and their schools participation, has been able to collect 47,389 lbs of non- perishable food to the shelves of the Wilmot Wellesley Resource Centre

The New Hamburg Firebirds Thanksgiving Food Drive's huge success only becomes reality because of the phenomenal help of people in a community that just continues to give. Last year with the Poor Boys Luncheon, the "Early Bird Meet the Players" at both Mackay's and Sobeys grocery stores, The "Shopping Cart Challenge" from the participating schools and the night of the game, 9,498 lbs. of food as well as over \$2,709.00 in monetary donations were collected!

Unfortunately this year is no different than past years..., the fact is we are in greater need of your help and support more than ever. Wilmot has a well-deserved reputation for its welcoming attitude and kindness. While we don't know what changes and challenges lie in the future, we do know that we are resilient, and we can adapt to whatever comes next and continue to learn from the past. One of the things that make Wilmot such a great place to live is the way residents come together to assist , and support each other if the need presents itself. I see this evidence in every part of the community, especially this time of year.

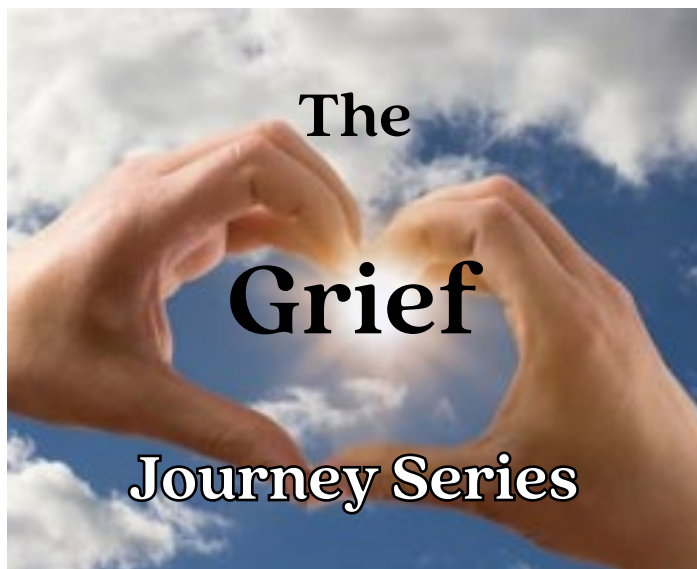
Our official launch for the New Hamburg Firebirds Thanksgiving Food Drive was at the Wilmot Family Centre's Poor Boy Luncheon which was held on Thursday September 25. The Thanksgiving Food drive Early Bird Meet the Players day will be at both Sobeys and Mackay's NoFrills on Saturday October 4 from 10:am to 2:pm and of course our main event is the Firebirds Thanksgiving Friday Night Game on Friday October 10.

The New Hamburg Firebirds always strive to do their best in giving back to the community and this is why we truly need you to be part of our team to help us help the Wilmot Wellesley Resource Centre.

**Please give whatever you can and we hope to see everyone at the  
Thanksgiving Friday Night Game on October 10.**

**Hopefully we can give everyone a Happy Thanksgiving**





By Will Brubacher, Certified Grief Mentor

## Part Two: Can We Stay Connected after Death?

Last month, we touched lightly on the subject of someone possibly experiencing a kind of empathetic dual death at what I called the 'gate', or moment of a spouse's death.

And we contemplated the question whether or not, physical 'death' might be the end of a personal connection, held together by a strong bond of love?

It's a complex issue, and as a grief specialist, this question often arises sooner or later in the grief process. And for the purpose of this article, I believe it's important to clarify that it's not my purpose to try to prove or convince you of anything you don't already believe in, or are prepared to think possible.

I will however, be sharing a way in which you might try to make a connection that some have found helpful. This will be shared a little later in the article.

Meanwhile, grief itself is a large subject and I believe you can benefit from knowing that there are two main camps or philosophies of grief practitioners: one is those who believe in the process of "letting go", surrendering to and accepting the reality of loss (death), and getting on with life (often the shorter process), which wouldn't likely include such subjects as staying connected after death. And there are those who believe that grief is a journey of, and to the deeper self, in other words, a self-discovery process that naturally includes whatever might support your grief journey, even if not traditional. (That rather simple comparative distinction by the way, is to the best of my knowledge, mine.)

My 'practice' is the 'self-discovery 'process', and could be considered far more deeply personal, and to be honest, one might conclude a little more deeply engaging. I would call it enriching.

And the reason I developed my process is because I strongly hold to the belief that since grieving is considered the most natural, as well as most difficult of all human psychological challenges, our creator must have had a purpose for what we could learn from it, which is, that there is nothing greater nor more powerful than the gift of love, nor the perceived loss of it, through death.

Moreover, I believe that love, is man's only spiritual bond with our creator, and the most precious and profound gift from which to learn all that gives life its meaning.

Now, if that's the case, than why shouldn't we explore the various ways by which we might stay connected with our loved ones after death, if that is our wish? I believe that our creator gave us choice to challenge and discover for a reason.

And that choice can begin with the question, "What is death, anyway? What are its boundaries? How far can we venture into it?"

So for those of you willing to explore that question than what better way, than to seek out the means by which we might stay connected?

Now to begin: there are several ways in which the body-spirit, life-death connection can be fostered and maintained in more traditional ways as memories, photos, family stories, home shrines, graves, monuments, to mention a few.

There are other, less typical ways as well, and one of these that I'm going to explore with you, is called 'automatic' writing – not the same thing as writing a letter to your deceased spouse (we can talk about another time), or keeping a chronicle which can also be useful.

So, what is it?

Simply explained, it's another very particular psychological portal that can be used to transcend physical boundaries which is still well within most accepted religious boundaries.

I feel that if it can provide any peace at all in the initial stages of grief, that it may be a remarkable opportunity to expand our traditional beliefs and open ourselves to far greater possibilities beyond what we would normally think possible.

SO in the next article we'll venture deeper into this subject with an explanation of how to use this 'tool' as a means of discovering a new frontier that just might offer you new answers and paths of comfort, understanding, and self-growth.

Will Brubacher, Certified Grief Mentor  
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# Woolwich Community Health Centre

## FREE WORKSHOPS!

Check out our website at [wchc.on.ca](http://wchc.on.ca) for more upcoming workshops and follow us on social media for updates! You can register online on our website, via email ([tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca)) or give us a call at 519-664-3794 ext. 222.

### Hospice 101: More Than a Bed

For the past three decades, Hospice Waterloo Region has been supporting people and their loved ones through life-limiting illness, death and bereavement through a number of community programs, and in the past three years they have expanded their support to include a 10-bed hospice residence. However, most people really don't know what hospice palliative care is and/or how we can support someone who is dying and their loved ones. We invite you to join us to explore what hospice palliative care is and what Hospice programs and services look like.

*Thursday, October 2nd, 2025 | 11:00 AM – 12:00 PM | In person & Zoom options available*

### Explore Your Attachment Style

Do you know the history and importance of learning about your attachment style and how that impacts your relationships? Join our workshop to explore this topic in an environment that fosters deeper insight through exercises and reflective engagement. This workshop invites real-time connection and practical feedback towards building healthier relational patterns.

*Monday, October 6th, 20th, 27th, November 3rd, 2025 | 6:00 – 7:00 PM | In person & Zoom options available*

### Take Charge of Your Health

Our health – and the health of our loved ones – affects every aspect of our lives. Understanding and using health information effectively, also known as health literacy, empowers us to make informed decisions, take better care of ourselves, and support those we care about. This workshop will help you build the skills and confidence to navigate health information, communicate about your health, and access the support you need. You will learn what being healthy means to you, why health literacy matters for you and your loved ones, how to communicate effectively about your health, and where to find reliable support and resources for managing your health.

*Thursday, October 9th, 2025 | 11:00 AM – 12:00 PM | In person & Zoom options available*



# WCHC

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# Guiding Young Hearts: Helping Children Understand Dementia



When someone dear to a child - such as a grandparent or parent - is living with dementia, it can feel bewildering for them. Children may notice changes in behaviour, mood, or routine without fully understanding why. Here are some child-friendly insights to help families navigate these conversations.

## 1. Explain What Dementia Is - In Simple Words

Explain that dementia is a condition that affects the brain. It can make people forget things, feel confused, and act differently, sometimes even getting frustrated or nervous. Let them know that these behaviours aren't their fault, and that the person living with dementia still cares for them.

## 2. Keep Communication Honest and Open

Avoid hushed talk. Silence or whispered conversations can create anxiety or misinterpretations. Allow children to ask questions and share their feelings. Answer their questions simply and honestly, in ways they can understand.

## 3. Use age-appropriate books and videos

These can help describe what dementia is after you've had a conversation. They can also help explain difficult situations and what the person with dementia may be experiencing.

## 3. Stay Emotionally Present

Kids often need emotional support, especially when a loved one's behaviour changes. Children may feel the effect of a tired parent who is also caring for someone with dementia. Teens may take on more caregiving duties and feel stressed or even resentful. Let them know it's okay to feel this way and encourage them to talk about it.

## 4. Involve Them in Meaningful Ways

Providing children with some things to do with and for their loved one with dementia can help them feel empowered and comforted. Ideas could include looking at old photos or sharing stories together, creating a memory box with special items (like a watch or a favourite letter), bringing along a quiet activity - like a puzzle - to a visit, or encouraging them give a homemade gift, like a drawing or cookies. Let the child know that their loved one living with dementia still wants to feel their love through a hug or a held hand.

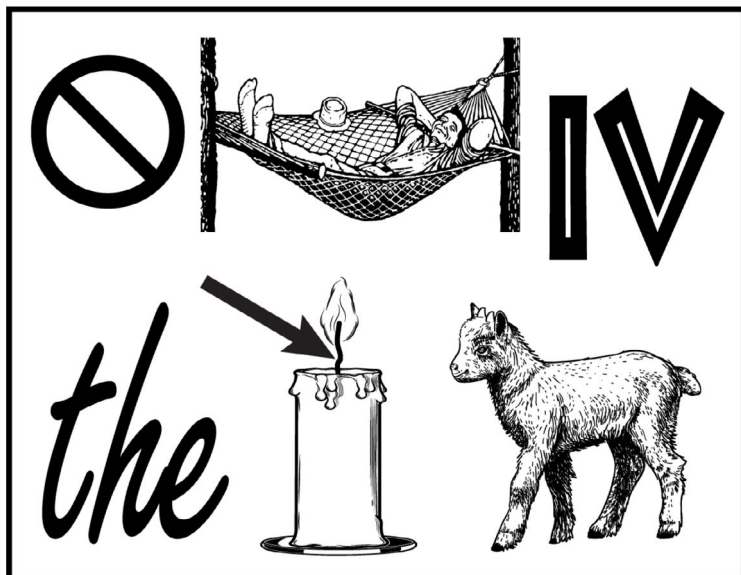
Talking with children about dementia can feel daunting, but answering their questions and acknowledging their feelings will help them feel seen and supported, even in times of difficult changes.

For more support, contact the Alzheimer Society Waterloo Wellington, anytime, at [asww@alzheimerwww.ca](mailto:asww@alzheimerwww.ca) or (519) 742-1422.

*Société Alzheimer Society*  
WATERLOO WELLINGTON

## Concentration Puzzle

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

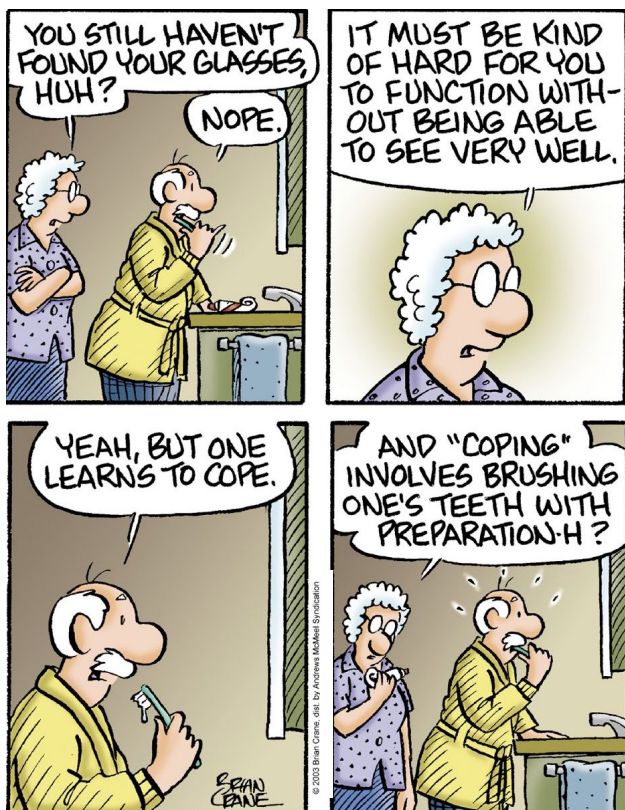


		7		3		2	
		4	7				8
6			2			3	7
8			4	9			
		5	1		3	8	
				6	8		9
7	3	8			1		5
2					6	4	
	4			7		9	

# October Puzzles

### Pumpkin Farming Spot the Difference

See if you can see the 5 differences between these two pictures



Solutions on page 30

## COVER STORY



## Building Connections and Community at the Wilmot Active Living Centre

WRITTEN BY: ABIGAIL OTTERBEIN,  
WILMOT ACTIVE LIVING CENTRE

Remember years gone past where summers were spent having fun with friends, staying out all day and you could not wait to go and repeat the same routine the next day? Over the years it is easy to get caught up in the monotony of life, the busyness, the day-to-day challenges. The Wilmot Active Living Centre (ALC), offered by Community Care Concepts, in collaboration with the Township of Wilmot at the Wilmot Recreation Complex, offers both a reprieve from the daily grind of life and a chance to engage in new opportunities and foster new friendships and community.

This past summer, we had the opportunity to create different 'themes of the week' at the ALC where our music bingo, games, movie, crafts, and exercise playlists were coordinated to the topic. What originally started as an idea for Seniors Appreciation Month in June, quickly became a season-long endeavor that brought so much more fun and laughter than we could have anticipated. We found ourselves looking forward to decorating and dressing up for each week, with members chatting to each other about what they would wear the following week's theme and how they would procure their 'props' if they wanted some. Many group photos were taken, and plenty of laughter was shared.

But this joy and silliness is not an uncommon feature found at the Active Living Centre, in fact, it is something that can be expected daily. Each day

we find ourselves on a new adventure with new experiences, topics learned, and stories heard. We have numerous programs from guest speakers, crafts, tech help, coffee club, exercise, garden club, music bingo, and so much more. We are always willing to invite new people (ages 55+) in to join our group, and membership is free. Many people find themselves running into old friends here or quickly making new friends as they come to our programs. With most of our offerings being drop-in, it also gives people the freedom to come as they like and as their schedules allow, as we recognize that aging does not necessarily come with an emptier calendar!

When people hear about the Active Living Centre, there are occasionally jokes and comments about how active a group of people ages 55+ can really be. It is safe to say that almost every participant at the ALC embodies this in one way or another. We are a physically active group with exercise, which happens 3 days a week. Socially, we have our coffee club, billiards, creation circle, crafts, and so many more opportunities to gather with friends and make new ones. Mentally, we stay active through brain games, learning new history topics, tech help to strengthen our skills, guest speakers, and various other opportunities. This group is constantly demonstrating their desire and drive to maintain an active lifestyle.

While there are many ways and pages that I could go on to highlight all of the incredible programs and offerings that we are able to have at the Wilmot Active Living Centre, it would be remiss of me to not focus on the people who make this place what it is. They highlight that vitality and fun are not limited to childhood or the early adult years, but can be celebrated in every season of life. They defy stereotypes and odds by showing the world and this community that life is not over when retirement begins, and activity is achievable and new skills and goals can be met. But most of all, they set an example to every other demographic of what we can only hope we achieve when we reach their ages.

If you would like to join the Wilmot Active Living Centre, I would highly encourage you to come and visit us and see what we are all about. We are located in the back of the Wilmot Recreation Complex and open Monday to Friday 9am-12pm and 1pm-4pm all year round. We always have calendars available showcasing what we are up to in the current or upcoming month and there will likely be a staff or member around to point out the exciting events to look forward to. We hope to see you there!

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## MEET OUR EXPERTS



#### 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

H.I.S. Diploma Conestoga College

## CONTACT US

If you or a loved one requires support with their hearing health or hearing devices or want to start their journey to better hearing, we are here to help.

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#### New Hamburg:

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# Celebrating Community Support Services

October marks Community Support Month across the province of Ontario. Across Ontario, more than one million people benefit from home and community support services that support seniors and adults with disabilities to live in their own homes with dignity and independence. Home and community support services include a broad range of programs, including programs that help individuals to remain connected to their community, services that help individuals navigate the health and social services system and services that support individuals and caregivers. By customizing services to individuals' needs and supporting immediate needs, services often help to prevent or delay further challenges while supporting caregivers and helping other parts of our health system. This month provides an opportunity to pause and recognize the more than 20,000 staff, 100,000 volunteers and thousands of caregivers who support the ability of people to live independently in communities across Ontario.

For the past 40 years, Community Care Concepts has provided home and community support services across Woolwich, Wellesley and Wilmot to more than 5,000 individuals and caregivers each year. A variety of services are provided, including:

## Programs that help individuals connect with others in a variety of community locations

- Community Dining – A hot nutritious lunch, fellowship and entertainment
- Exercises – Free, drop-in free gentle exercise classes
- Social and recreational programs – Free programs offered in community settings.

## Services that help individuals to live independently

- Meals on Wheels - Hot, nutritious meals delivered at noon on weekdays
- Assisted Transportation – Rides to medical and other important appointments

- Senior Support Workers – Practical, customized, responsive in-home support
- Home Help – Help with grocery shopping, housekeeping, meal preparation and outdoor maintenance/yard work/snow removal
- Friendly Visiting – Visits by screened volunteers
- Hospital discharge support – Transportation home, settling in and support after a visit to a hospital or clinic
- Adult Day Programs – A day filled with activities, games, music and crafts
- Caregiver Support Services – Practical supports to reduce the challenges of caregiving
- Information and Referral – Help in navigating the health and social service system

## Opportunities to give back to your local community

A variety of volunteer opportunities are available including:

- Delivering Meals on Wheels
- Driving individuals to medical appointments
- Preparing and serving meals in our dining programs
- Visiting isolated seniors
- Helping with programming in our adult day programs or community programs.

As we celebrate Community Support Month, we extend our heartfelt thanks to our many volunteers, our staff, our community donors and partners, our funders and most importantly the individuals, families and caregivers who continue to place their trust in us. Working together we have been able to support our family members, friends and neighbours to live independently. For more information on services or volunteer opportunities, call 519-664-1900, 519-662-9526 or 1-855-664-1900.

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**Delivering Meals on Wheels**

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



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# Aging Well In Wilmot

## Information & Active Living Fair



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**Guest Speakers  
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**You must register for this event**

Please contact  
1-855-664-1900 or 519-664-1900 to RSVP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.



# Why Rituals & Ceremonies Matter: Honouring Life, Loss, and Transition

## Advance Care Planning for Seniors

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

### Dear Readers: October 2025

Have you ever said, “Don’t hold a funeral or celebration of life after I’m gone—it doesn’t matter”? As an illness and end-of-life doula, I’d gently encourage you to reconsider.

If time allows, consider a living celebration of life—a chance to gather while you’re still here, to share laughter, stories, and farewells. These moments can bring deep comfort—not just for you, but especially for those who will carry your memory forward.

When death comes—whether expected or sudden—ritual and ceremony provide structure, meaning, and healing. They help loved ones begin to process your absence and honour your life. Ultimately, these gatherings are not just for the one who has died—they are a gift for the living, helping them say goodbye.

### A Global Tapestry of Rituals

Part of my role as a doula is to ensure that your values and cultural traditions are clearly documented and shared. Over the years, I’ve come to appreciate the beauty and diversity of cultural rituals. Each practice—whether it’s prayer, song, storytelling, food, or ceremony—carries deep meaning for those who take part. These rituals remind us that grief and remembrance are universal experiences, even if the ways we express them differ.

By honoring cultural traditions, we not only respect the wishes of the person who has died but also support their loved ones in finding comfort and connection. Rituals, whether simple or elaborate, provide a sense of continuity, belonging, and healing.

Talking about death can be difficult, but I encourage you to have these conversations. Exploring the kinds of rituals and ceremonies that feel right—whether traditional or unique—

helps ensure your final wishes are honoured with intention and care.

### Ceremony in Practice

- A **Celebration of Life** is an uplifting gathering that honours someone’s legacy through storytelling, music, food, and community. It often feels more like a joyful party than a somber event.
- A **Wake** is typically held before the funeral and may be formal or informal. In Irish tradition, for example, wakes often include music, food, drink, and communal grieving at home.
- A **Funeral** is a formal ceremony—religious, spiritual, or secular—that brings loved ones together to say goodbye. It may include readings, eulogies, music, and is often followed by burial or cremation.

### Why It Matters

There is no single “right” way to say goodbye. What matters is that it reflects the life lived and the love shared. Rituals like funerals, wakes, and memorials are acts of love. They bring people together, provide structure for mourning, and help us begin to heal.

In the presence of community, grief is softened. Through remembrance, we honour. Through ceremony, we say goodbye—and in doing so, we begin to move forward.

Want to share your cultural traditions around celebrating the life of someone you love? Please feel free to email me at: [sphillips5519@gmail.com](mailto:sphillips5519@gmail.com).

**7 Unique Burial Rituals Across the World** - <https://www.britannica.com/list/7-unique-burial-rituals-across-the-world>

### Next month’s topic:

Exploring Legacy: The Gifts We Leave Behind



## Me and Johnny McGee

My mother was always telling me to stand up straight; and, now, my horse-riding coach, Pat, was extolling me to also improve my posture – except she was more interested in my not denigrating the look of her prize horse, Johnny. I mean, if I wasn't going to match the demeanor of this alert, disciplined and, fine-looking animal, then what was the point, you see?

And, who could argue with that? This especially stood out as I began my lesson by putting my saddle pad upside-down! It prompted my coach to say, “Man, you really are a beginner!”

But despite having incurred back injuries due to playing sports when younger, I was determined to do my best for Johnny's sake. Besides, my western boots seem to add two inches to my height. And, standing next to Johnny, I felt more confident as well.

During my riding lesson, my posture was the best it'd been for 25 years. And, Johnny seemed to have appreciated it too as we circled the riding corral under the educated gaze of my instructor. She also mentioned that Johnny was working well for me as we flawlessly went through the various transitions of walk, trot and canter.

Yup! Johnny was determined to make me – outfitted with my new boots – look good. At one point, my instructor asked me, as I flew by, if I played piano? When I managed to say yes, she said, “I thought so... Johnny likes your light touch on the reins.

Now this is where Pat showed me what a great teacher is about – no matter the endeavor. Because, at the end of the exercise she casually asked me to take Johnny back to the barn to get him ready to put back into his stall. It wasn't until later I discovered that twisting the horse through the gate and – while still mounted – bending over to unlock and relock the gate into the barn was something was, for a novice like me, normally not taught until much later. However, there's never a wrong time to catch some one doing something right?

Besides, she said, Johnny and I formed such a good bond that there wasn't much chance Johnny would let me down. It was a moving moment to realize that this fine animal actually cared that much for me.

Yup, that's me and Johnny, just one step ahead of the crowd. At least I didn't embarrass him... or myself... good, old Johnny! I was certainly sitting tall in the saddle that day – boots or no boots – including a feeling that I could do anything.

[https://youtu.be/E5F-O\\_19SI](https://youtu.be/E5F-O_19SI)

Just like when I was a kid watching my early TV heroes: The Long Ranger and stallion Silver; Roy Rogers and his palomino horse, Trigger; and Gene Autry and wonder horse, Champion. Oh yes, as a kid, I was quite the little cowboy.

But, what I mainly remember is the training skill of my coach – both woman and horse. That combination just doesn't come any better... back in the saddle again!

“Hi-Yo, Silver! Away!”

That's the way I figure it! – Fred Parry



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# Dry Eye Syndrome

The average person blinks between 15 and 20 times every waking minute of the day! We don't normally give much thought to the tears that our eyes produce, unless our eyes are irritated, burning, or stinging. It's helpful to understand that the tears produced by our body are extremely complex! There are three layers (mucin, water, and oil) which contain salts, glucose, proteins, metabolites, and electrolytes which are essential for maintaining the health of the surface of the eyes.

## What Causes Dry Eye?

Dry eye syndrome (DES) is a very common condition where the eyes can feel sore, gritty, and irritated. It can develop because of several factors, such as age, genetics, environment, lifestyle, medications, and certain health conditions. Any of these may lead you to produce an insufficient quantity of tears, or to produce poor tear quality that is not able to lubricate and protect your eyes properly.

## The Most Common Causes of Dry Eye symptoms:

### Meibomian Gland Dysfunction

Meibomian gland dysfunction (MGD) is a chronic life-long condition which accounts for most cases of dry eye syndrome. It occurs when the tiny glands deep within the eyelids stop producing the proper consistency of oils required to maintain proper tear quality and function. The tears we produce with each blink evaporate too quickly, resulting in dry eye symptoms and blurry vision.

### Blepharitis

Blepharitis is inflammation of the eyelids, along the lid margin at the base of the eyelashes. This causes the lids to appear red and results in debris stuck to the eyelashes. Blepharitis can be the result of an overgrowth of bacteria or demodex (mites) that live within and around the eyelids.

### Sjogren's Syndrome

Sjogren's Syndrome is an autoimmune disease that can permanently damage the lacrimal glands which produce the watery layer of the tear film. With an insufficient volume of tears, the surface of the eyes are persistently dry and irritated.

### Thyroid disorder

The thyroid gland maintains the body's hormonal and metabolic balance. A malfunctioning thyroid gland alters the metabolism of the entire body — and your eyes are no exception. Both overactive and underactive thyroid conditions can result in dry eye symptoms.

## Medication side effects

A number of common medications can also lead to dry eye symptoms.

These include:

- Diuretics
- Decongestants
- Antihistamines
- Anticholinergics
- Antidepressants
- Hormones and Hormone Replacement
- Antihypertensives
- Dermatological agents

## Seasonal changes

Seasonal changes — particularly in the spring, summer, and fall— can create a high number of allergens in the air. Some people develop an autoimmune response to these allergens, often resulting in ocular inflammation and dry eye symptoms.

## Indoor heating systems

Winter weather may lead you to spend most of your time indoors, exposed to dry heat. This can evaporate your tears more quickly, leading to red, gritty eyes.

## Reduced blinking when using digital devices

People tend to blink up to 66% less often when staring at a digital device! The blinks that are performed during computer work might only be partial — which is not as effective at keeping the eyes properly protected. Making a conscious effort to blink more often can reduce dryness and irritation.

You do not have to suffer from dry eyes in silence! Your optometrist can conduct a full assessment and develop a custom treatment plan that is right for you.

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# Inter-generational Family Conflict

Written by: Will Brubacher

## Part Two: Family Favours (Note: All family names are fictional.)

Last month, we learned of a common family scenario that had a bad ending as often do, when people's circumstances and family priorities conflict with each other.

Before going any further though, I wish to clarify that the issue here isn't one of the grandparents not loving their grandchildren, or not willing to support their family, which can sometimes be the case.

No, the real problem here is based on the fact that people today are living far longer and healthier lives. We've begun a new age which will bring many more new changes as time goes on.

Meanwhile, this means that seniors have the luxury of more 'free' time to do so much more with their lives, than ever before.

And this raises a new, question which is, "Who's time is it? The retired parents, or their family's?" Another way of describing it would be to say that expectations will be in the balance especially those of the younger generation.

And without this issue being properly addressed, I can predict that there will be ongoing problems and pressures effecting family relationships.

Times are already changing dramatically, and we already know how hard it is to keep up, and expectations, will have to be negotiated within the family which won't be easy.

This means that as time goes on, inter-generational communication will become even more essential to keeping peace and co-operation going forward.

This particular family scenario is a good example of that.

Let's look at it.

The young family seeks a quick solution to solve their social desires and commitments (lunch with



friend, and an out-of-town business obligation to attend).

And mom and dad are being called upon, yet again at the last minute, to bail them out, and in some instances, expected to cancel their own personal plans. (Attending the 60th anniversary of their best friends.)

So in both cases the stakes are high. Remember, mom has already asked her daughter to give them advance notice which seems to have been ignored, forgotten, or not taken seriously.

Now, what do you see that's missing in this scenario?

It's good communication. The most important thing in any relationship especially where favours are being asked from time to time.

So, if these sorts of issues aren't 'negotiated' at some point in advance, then the outcome will always be the same, leading to spoken or unspoken resentment, which, to a senior is especially stressful.

So one can either have this 'discussion' earlier or later depending on the family and personalities, but it would be best to have it before the relationship has deteriorated beyond recovery.

Some might find the 'talk' too difficult because of personalities; however, there's no question that communication is the foundation of good and fulfilling relationships, and if you feel you can't do it yourself, then consider the possibility of someone else doing it for you.

Remember as a parent your role is significant to say the least, and so long as you can speak your truth simply, calmly and with love, and not give up, you will be teaching and modelling true love that will last a lifetime.

Wishing you the best of outcomes.

Should you ever wish a consultation don't hesitate to contact me. Everything said is confidential.

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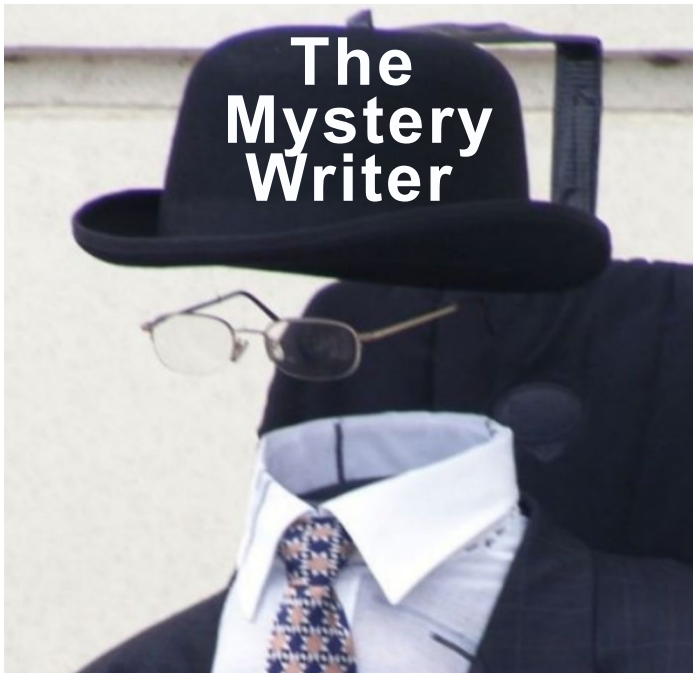
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## Running Out of Time?

### PART ONE:

“Now you have it. Next you don’t.

Where did it go?”

Is it just me, or were you wondering the same thing?

I have never taken time more seriously than in the last few fleeting years.

It wasn’t always that way.

A long time ago, perhaps like you, time was simply everywhere, and I spent it freely and happily in my youth with no regard for its ‘timeless’ worth or future scarcity.

As a child, I roamed freely in spite of time, through the much ‘larger-imagined’ world of my rather small and poor neighbourhood, playing with my friends, befriending stray animals, raiding un-fenced vegetable gardens while walking home from the municipal swimming pool, and trying to ignore the urgently plaintive voice of my mother calling me for our daily five o’clock supper.

One childhood memory I still vividly recall is of grudgingly going to bed, ‘early’, wide awake, staring at the ceiling, imagining what I could still be doing with my time playing outside, and feeling confused about why I had to be in bed. It was still evening daylight, being the summer, and we adhered to the same year-long bed-time schedule.

Then, as I grew older, time began to slow down, and came with ‘ties’ to it, called responsibilities, such as doing homework, drying the dishes, delivering the

newspapers, cutting the grass, having part time jobs, taking school exams, and wondering what to ‘become’ when I grew up.

(Planning ahead was ‘big’ in those days.)

Life, wasn’t nearly as much fun! I was indeed growing up (as if I had any choice) and time was fluidly coming and going like the ocean’s daily tide, depending on the scheduled activities of the day.

Then suddenly, it was time to find a job and to go to work, start a family, and maybe move to a newer and larger home, and take on, yes, more of that expanding list of ‘responsibilities’.

Adulthood was settling in hard, as my parents had forewarned it would.

And time had shadowed at a ‘marshalled’ pace in its own unrelenting way.

Of course, by now in midlife, we were also acquiring a few physical aches and pains which were dismissed as the natural ‘aging’ process, arriving just ‘on time’. “Not to worry.” the doctor would say, as if by rote. “Now, take these pills and come back in a month.”

Finally, the mortgage was paid, our children had children of their own, and it was time to retire. And, oh yes, the ‘golden’ years had arrived just in time to ‘christen’ my becoming a ‘baby’ senior. Where had my life gone? And of course, time, never seemed to miss a beat, like a clock, meting out its ever-present rhythmic background.

And now, it was time to adapt to the new ‘freedom’ of a senior’s ‘childhood’, so-called retirement. But on different terms: without mom calling me home; no longer having to eat my vegetables (which were so “Good for us”); no routine bed times; or strictly ‘regulated’ TV (which we were told, “Too much of, was bad for us.”)

Then without warning, I was becoming more subtly aware and sensitive to the speed of time. Strangely, like never before, it seemed like there was less of it. And if felt like it was going mysteriously faster, as though driven by some unforeseen wind in the sails of my life, persistently and mercilessly pushing me toward the nearing horizon.

What’s going on, I wondered? No one told me that this would happen. It seemed like there was no time to prepare for the ‘no time’ that was left at the end of a day which was starting to bother me.

Some dilemma, if you ask me.

Was it some ‘best-kept’ secret saved for when it was too late to do anything about?

So, like a detective looking for illusive clues, I began checking my various suspect clocks at random times, to catch one of them possibly acting strange, as though

in the treacherous act of ticking faster and being a bad example for the others.

To my chagrin, I was disappointed to discover that they were generally all on time, or close enough.

So how was it that time was mysteriously disappearing through the 'invisible' cracks of minutes turning into seconds?

Maybe I needed a rest. Perhaps time would return to normal if I didn't think about it. And with that on my mind, I couldn't stop thinking about it. And more often than not, I would oversleep my nap and then feel even worse, and farther behind in the 'wake' of my waning time.

There is nothing worse than getting older and having time uncontrollably speed up, whisking my life away in a wink and a whim, as if it owed me nothing, when in fact, I felt that it owed me everything.

Didn't I pay for it for all those years of service?

Should I mention it to my friends, risking what they might think of me?

No, I don't think so. One has to be so careful about what one says these days, especially at my age!

Should I make an appointment with my doctor? Could it be some kind of virus? Or, maybe it's the government?!

Regardless, I'm convinced it's serious.

And since I have the time, sort of, I think someone should investigate the mystery and uncover the truth. Don't you think it's about time?

There might be an explanation. After all, I hear that seniors have never lived so long in history, and this could somehow all be related, like a new time warp we weren't previously made aware of, like so many other things that are creeping up on us out of nowhere, these days.

Frankly, I feel there's something going on here, something larger than it seems, that should be seriously looked into, sooner rather than later, especially if time is somehow disappearing.

So I've decided to get to the bottom of this case of "The Missing Time" in my life. And I want to assure you that I will dedicate myself to the serious task of solving this mystery and will report back to you next month.

Meanwhile, let's keep this between us. It's been with us this long and there's no reason to upset the others.....

(And if you happen to see someone in your neighbourhood, with a bowler hat on a faceless head, don't worry it's just me out doing my job...)

Talk to you next month...

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# Happy Thanksgiving



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Lynne Rutledge, Certified Personal Trainer  
fitwithlynn@gmail.com | 226-751-2994

### Healthier Living 4 You

Holistic health products for a healthier life.  
John Jacobs | Wellesley, ON | 519-656-3369  
<https://healthierliving4you.com/>

### HearingLife Canada Ltd.

5-10 Waterloo St., NH  
519-662-6884  
[hearinglife.ca/centers/ontario/new-hamburg](http://hearinglife.ca/centers/ontario/new-hamburg)

### 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

### Soles Journey Reflexology

147 Arnold St. | New Hamburg  
519-505-1616

### UltraScan Medical Diagnostic Imaging

338 Waterloo St. Unit 10-11 | New Hamburg, ON  
519-390-7226 (SCAN)

### 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 - 377 Manser Road - 519-656-9025

## HOME IMPROVEMENTS

### Bechthold Home Improvements

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

### C&A Kitchen Refinishing

Baden, ON  
www.cakitchenrefinishing.com | 519-590-4986

### Jason Zinger - Handyman Services

519-577-4258

### Generations Heating and Air Conditioning Ltd.

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www.generationsheating.com | 519-635-4561

### NW Roofing of New Hamburg Inc.

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www.nwroofing.ca | 519-684-7693

### St. Clements Heart & Home

1011 Industrial Cres., St. Clements  
LetUsFloorYou.ca | 519-699-5411

### 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

### Eniko Gangel | Impeccable Cleaners

548-994-3924 | www.impeccablecleaners.ca  
Resident of Waterloo Region

### HALO Home and Life Organizers Waterloo Region

1-833-777-HALO (4256)  
www.homeandlifeorganizers.com

### Wilmot Window Cleaners

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

# COMMUNITY BUSINESS DIRECTORY

## HOME SUPPORT SERVICES

**Articulate Nursing Ltd. - Cheri Petch**  
Footcare, Hair Care & Housekeeping  
Waterloo: 519-503-5134  
[www.articulatenursing.com](http://www.articulatenursing.com)

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

**JK Senior Services | Krista Legge**  
Private Home Care Services for seniors  
Waterloo Region | 519-591-6819

**Promyse Home Care**  
Nurse Managed In-Home Care  
519-208-2000 | [www.promyse.ca](http://www.promyse.ca)

**Right at Home - Kitchener/Waterloo**  
Home Health Care & Assistance | 519-279-0888  
[www.rightathomecanada.com/kitchenerwaterloo](http://www.rightathomecanada.com/kitchenerwaterloo)

## LAWYERS

**GGFI Law LLP**  
82 Huron St. Unit B | New Hamburg  
519-662-2000  
515 Riverbend Drive, Suite 200, Kitchener  
519-579-4300

## PET CARE

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

## PROFESSIONAL SERVICES

**Futher-Franklin Funeral Home**  
Christopher Franklin, Owner/Director  
1172 Henry St., Wellesley  
519-656-2880 | [www.futher-franklinfuneralhome.com](http://www.futher-franklinfuneralhome.com)  
[chris@futher-franklinfuneralhome.com](mailto:chris@futher-franklinfuneralhome.com)

**Mark Jutzi Funeral Home**  
291 Huron St., New Hamburg  
519-662-1661 | [newhamburgchapel@mjfh.ca](mailto:newhamburgchapel@mjfh.ca)  
[www.markjutzifuneralhomes.ca](http://www.markjutzifuneralhomes.ca)

**Compassionate End-of-Life Ceremonies - Angie Hallman**  
291 Huron St., New Hamburg  
519-574-1572 | [www.angiehallman.com](http://www.angiehallman.com)  
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## REAL ESTATE

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

**Jim & Tricia Miller**  
Remax Twin City Realty  
New Hamburg | 519-590-5995

**Lidia Tagliabracci | REALTOR® Extraordinaire**  
519.589.3432 | [lidiatags@royallepage.ca](mailto:lidiatags@royallepage.ca)  
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Resident of Wilmot

**The Lambert Group**  
49 Foundry St. Baden, ON  
226-241-9479 | [www.lambertgroup.ca](http://www.lambertgroup.ca)

## RETAIL

**EasyWear Adaptive Clothing**   
Mobile Boutique | Cambridge, ON  
(888) 908-7177 | [Easywearadaptiveclothing.com](http://Easywearadaptiveclothing.com)

**Focus Computers**  
73 Peel St., New Hamburg  
519-662-6720

**Sobeys New Hamburg**  
100 Mill St, New Hamburg  
519-662-1374

## RESTAURANTS

**MeMe's Cafe**  
Delivery & Curbside Pickup  
102 Peel St., NH | 519-662-2828

**Pizza Arca**  
98 Peel St, NH | 519-662-2583

**Schmidtsville Restaurant & Gift Shop**  
3685 Nafziger Rd, Wellesley  
519-656-2430

## SENIOR CARE FACILITIES

**Tri-County Mennonite Homes (TCMH)**  
200 Boullee Street, New Hamburg  
519-662-2718 | [www.tcmhomes.com](http://www.tcmhomes.com)  
[info@tcmhomes.com](mailto:info@tcmhomes.com)

# COMMUNITY BUSINESS DIRECTORY

## Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener  
519-896-3112 ext 300 | [www.trinityvillage.com](http://www.trinityvillage.com)

## SOCIAL SERVICES

### Woolwich Community Services

Information Centre, Individual Support, Food Supports 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](http://www.stonetowntravel.com)



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If you would like to be added to our growing list of valued local businesses, please contact us at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) so our readers can be reminded of your services and support local.

## 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

**Waterloo Wellington LHIN**  
519-310-2222

**Community Care Concepts**  
519-664-1900

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

**Elder Abuse Response Team**  
519-579-4607

**Interfaith Community Counselling**  
519-662-3092

**Hospice of Waterloo Region**  
519-743-4114

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

**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:

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# 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
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- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg



- Heart & Home Creations NH
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## 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
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## 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: No rest for the wicked

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

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