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EMBRACING CHANGE

VOL. 7 ISSUE 12

AUGUST 2025

Feature Business of the Month

Guardian
COOK'S PHARMACY

ON THE COVER:
MEMBERS OF THE WILMOT SENIORS
WOODWORKING AND CRAFT
CENTRE IN BADEN

OUR TRUSTED
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LISTING: PAGE 27

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Tara Held

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On The Cover


Some of the dedicated members of the Wilmot Seniors Woodworking and Craft Centre in Baden. Left to right: Jim Burkhart, Jim Bearinger, Klaus Lutzer, Jan Hook, Keith Eatwell, John Hope, Achie Lobo. See the full cover story on page 12.

Photo credit and cover story written by: Scott Dunstall


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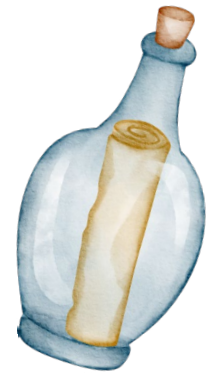
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LETTER FROM THE EDITOR

Summer is in full swing, bringing with it longer days, warmer evenings, and a slower pace that invites us to enjoy the everyday moments. Whether it's spending time in the garden, going for a walk, or catching up with friends, this season has a way of encouraging us to pause and take it all in.

This month, our cover features the inspiring and talented folks from the Wilmot Seniors Woodworking and Craft Centre. Their dedication to creativity and craftsmanship is a wonderful reminder of how fulfilling hobbies can be—at any age. Whether it's turning a piece of wood into a work of art or knitting a cozy blanket, hobbies bring so much more than just something to do.



Engaging in creative and hands-on pastimes offers a host of benefits—mentally, physically, and socially. They help keep our minds sharp, our hands busy, and our hearts full. Hobbies can ease loneliness, lift our spirits, and give us a renewed sense of purpose. For many, they're also a way to connect with others and build meaningful friendships.

As you flip through this issue, we hope you'll be inspired to pick up an old hobby, try something new, or simply take joy in the creative pursuits of others. Retirement is not an end, but rather a new beginning—and there's no better time than now to explore what brings you happiness.

Wishing you a joyful and relaxing August,

Tara



Elmira Public Library

The Elmira Public Library opened its doors on December 26, 1913. An application for a Carnegie Library grant was submitted and the funding was received from the Carnegie Foundation for the library building on March 18, 1911. The land was donated in 1912 by August Kimmel, a founder of the Elmira Felt Co. W.A. Mahoney, Architect fulfilled the requirement for a functional rather than a pretentious building in the classic architectural style that Carnegie promoted. During the winter of 1977-1978 an addition was completed on the south and east sides of the building. The library is still in use today.



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!

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



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FEATURE BUSINESS OF THE MONTH: COOKS PHARMACY

What Is Low Dose Naltrexone (LDN) and Why Are People Talking About It?

If you've been dealing with a chronic illness or ongoing pain, you might have heard about something called **Low Dose Naltrexone**, or **LDN**. It's not a new drug, but it's being used in a new way—and many people are finding relief when other treatments haven't worked.

Let's break it down in simple terms.

What Is LDN?

Naltrexone is a medication that's been around since the 1980s. It was originally used in high doses to help people stop using opioids or alcohol. But doctors discovered that when taken in **very small amounts**—we're talking just a fraction of the original dose—it can do something completely different.

At these low doses, LDN seems to help the body **reduce inflammation, boost natural feel-good chemicals** (like endorphins), and **calm down an overactive immune system**.

What Can LDN Help With?

LDN isn't a cure, but many people say it helps them feel better—especially when dealing with conditions that don't have easy solutions. Some of the most common ones include:

- **Fibromyalgia** – for pain and fatigue
- **Chronic Fatigue Syndrome (ME/CFS)** – for energy and brain fog
- **Multiple Sclerosis (MS)** – for muscle stiffness and mood
- **Crohn's Disease & Ulcerative Colitis** – for gut inflammation
- **Long COVID** – for lingering symptoms like tiredness and brain fog

It's not officially approved for these uses yet, but many doctors are prescribing it “off-label” because of the positive results they're seeing.

Why Do People Like It?

Here's why LDN is getting so much attention:

- **It's gentle** – Most people don't have major side effects.
- **It's affordable** – It's not a brand-new drug, so it's not expensive.
- **It's non-addictive** – You won't get hooked on it.
- **It's easy to take** – Usually just one small pill at night.

Some people notice improvements within a few weeks, while others may need a few months to feel the full effects.

What Should You Know Before Trying It?

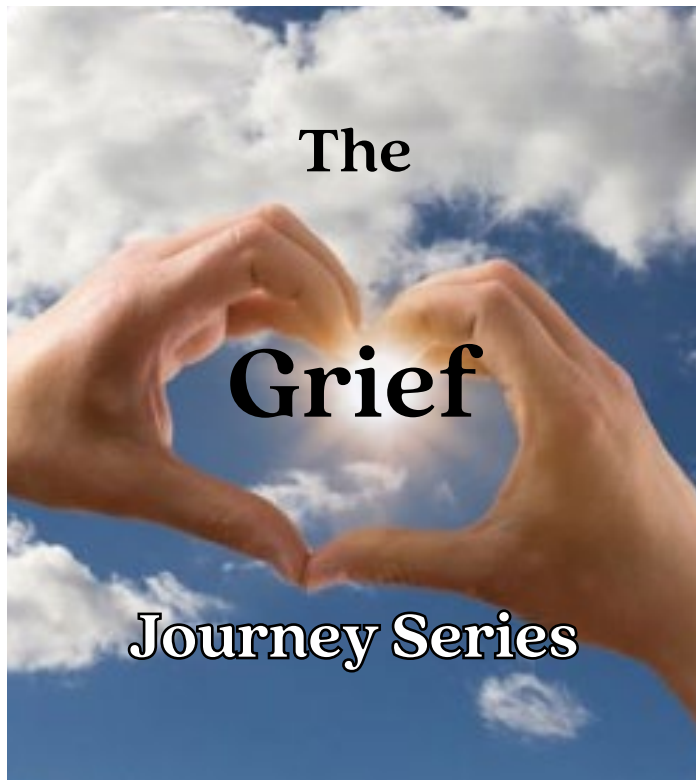
LDN isn't for everyone. If you're taking opioid painkillers, it can block their effects, so it's not a good match. And because it's still being studied, not all doctors are familiar with it—so you might need to find one who's open to alternative treatments.

Also, while side effects are rare, some people experience vivid dreams or trouble sleeping when they first start.

Final Thoughts

Low Dose Naltrexone is a small dose with big potential. It's not a miracle cure, but for many people living with chronic conditions, it's been a game-changer. If you're curious, talk to a healthcare provider who knows about LDN and see if it might be right for you.





By Will Brubacher, Certified Grief Mentor

Moving Through Grief from Transition to Transformation

Part Two: 'Last Words'

Last time, I shared the aching dilemma of a loving wife being told by her devoted husband just prior to his death, that he wanted her to find another partner after he was gone.

His words were unexpected and she was shocked and couldn't understand why he would say such a thing. They had had such a close and loving marriage. She was confused, hurt and carried that disturbing message in her broken heart for some time later, hoping she could somehow decipher and make peace with its meaning and intent.

'Last words' are just that, and can't be taken back; so one must be careful with what you say, because those words will live on in your absence.

This is especially true if the issue is unexpected; so to be safe, there is definitely some wisdom in considering a mutual discussion of the subject, take place sooner rather than later.

Clearly, the risk is that if the words or intent of your 'last words' are incorrectly interpreted and/or, so easily misunderstood, left to the last minute, that they can leave a haunting legacy of potentially unresolved pain and mystery.

The same is true of words that should be said while there is still time, otherwise, that unspoken silence will echo in the hearts of those left behind for the rest of their lives.

And the last caveat is not to count on there being time and opportunity at the end, in the event you're in a coma or your mind is effected by medication.

It was for those reasons that I felt that this sensitive subject should be shared with you, in order to give you and your loved ones, a chance to reflect on it.

Returning to the story of the dying wish of the loving husband that his equally devoted wife find a new partner at some later date, which under the circumstances surprised her and left her with a difficult dilemma, that she so desperately needed to resolve.

Knowing the effect it made on her after his death, makes it tempting to second guess what the husband should have done instead; so I believe there's a lesson in looking at both sides of the issue.

In the first place, since they both loved each other deeply, it is hard to imagine any hurtful motive in his message. Secondly, how do we know the true thoughts of a dying person at the end of life, or of the possible effects of medical drugs on their mind? And thirdly, such a statement is not as unusual as you may think, especially if the couple is still at a young age, and with or without a family still to raise.

Every situation is different and must be respected, even if not understood.

But we do know that in this case, a curious and unsettling seed was planted in the mind of the wife, that she needed to come to terms with before she could properly grieve his death.

And that is the question, we will be pursuing now.

You may remember that the woman went to a psychologist and for whatever reason didn't find her answer. Then she joined a support group and both methods provide a different path and benefits for different people in different circumstances.

'Her group 'journey' is the one we'll look at in this article.

I certainly believe that some of the major benefits of a group begin with the association with 'like-minded community' support and companionship. Everyone shares a similar need to be deeply 'felt' and heard in very dark times.

And, as an aside, I am always very surprised, if not amazed, to have encountered that while each group is different, each has its own unique 'personality' tailored the needs of the group. It's been as though each person was meant to be there for their own sake and others that they can support. It's like a beautiful quilt being sewn together by many hands, from many cloths, if you know what I mean?

It only takes a few weeks for the group to knit together.

Each session tends to be a 'deep dive' with lots of unexpected outcomes, and this one day, the woman was responding by describing being with her baby pressed to her chest squeezed together as tightly as possible into a corner of a room in her apartment building. Enemy planes were dropping bombs from above the town where they were living, and one crashed through the rooms above her, but without exploding.

She recounted to the group that a mystical calm came over her, replacing her indescribable fear with the awesome feeling of a loving blessing. She knew in those eternal seconds that the worst thing that could have ever happened to her and her baby, miraculously turned into the best outcome under the most dire circumstances. And when her husband arrived shortly after, they never felt closer nor more complete.

With no food, there was only life to cling on to with ravenous enlightened gratitude, and they learned to accept whatever the worst in life could bring, with thankfulness.

And in the telling of that story, a flame of 'knowing' light suddenly appeared on her face and her eyes shone from deep within, and she knew, that her husband had been speaking through his last words, the re-assurance that they had both experienced so many years earlier in their youth. And she understood that he was reminding her that she still had her precious life to live with her son, and that she must live it fully and freely in the love that they had shared.

It was the greatest gift he could have given her, and while everyone was in tears including her, she knew that she could then, begin to let go and to grieve with love that would never be lost, no matter what the future.

'Break-through' moments are not uncommon in group settings and when they occur everyone shares in the miraculous outcome, and lives are changed.

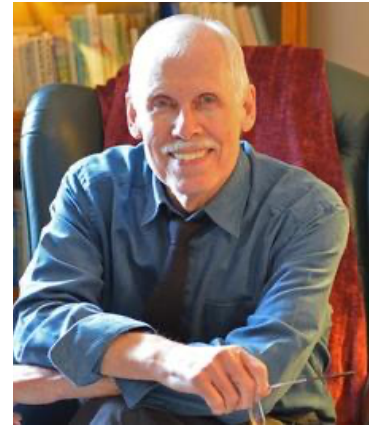
I hope yours, too, was touched by this story on many levels that you can later reflect on and perhaps appreciate.

Since, I'd like this column to be interactive; I'd like to invite you to share your thoughts with me anytime you wish. You can send them through Embracing Change or directly to my email at billbrubacher@gmail.com.

And if you would like me to write about any particular subject, please don't hesitate to ask.

Each of you is important to me, and to the editor of the magazine. And both – are at your service!

Will Brubacher,
Certified Grief Mentor



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Woolwich Community Health Centre

August Update!

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



Mindfulness Practice

Wanting to practice mindfulness? Let's take some time to slow down and focus on our own well-being during the summer months. Each week we will practice mindfulness and review our experience. We'll also share some resources and explore ways to keep practice on our own. People with either no experience or previous experience are welcome. Join any or all sessions.

Tuesday, July 8th | 1:30 – 2:30 PM | In person & Zoom options available

Creative Art Program

Our Creative Art Program is returning! Registration for all of the art classes will be open starting July 10th at 9:00 AM. You can register through our website at wchc.on.ca/community-programs/creative-art/

Fall Fitness Registration is Open!

We have fitness classes for all skill levels for older adults! We have in person and Zoom fitness classes. We have also added some new classes and have introduced a new instructor! Check out our website for the full Fall schedule. All classes are \$5 each (or \$8 for yoga).

Tuesdays starting September 2025 | In person & Zoom options available

Young at Heart – Adult Board Games Night

Join us for an evening of fun! Lots of board games available and feel free to bring your own. Snacks included at each session. A great evening to socialize, meet new friends, learn new games, and enjoy time with others.

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Nourish Your Brain:

The Role of Healthy Eating in Dementia Prevention and Support



Did you know that making healthy food choices not only improves your general health, but also helps maintain your brain function and slows cognitive decline? Healthy eating can be a powerful tool in both reducing the risk of developing dementia and supporting cognitive function in those already diagnosed.

Research increasingly shows that what we eat has a direct impact on the health of our brain. Diets rich in certain nutrients—like antioxidants, omega-3 fatty acids, and B vitamins—can help reduce inflammation, support the integrity of brain cells, and improve overall cognitive function.

Two eating patterns in particular have received attention in the dementia care and prevention community: **the Mediterranean diet, and the MIND diet**, which is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. These diets recommend enjoying a variety of foods and different colours (think blue and purple fruits, leafy greens, and red and orange vegetables) and limiting processed foods, which can promote inflammation and nutrient deficiencies.

“These two plans for heating healthy meals are recommended so highly because they are so effective!” says Robin Smart, Public Educator at Alzheimer Society Waterloo Wellington. “You don’t need special or expensive foods, fancy tools, or extensive kitchen experience.

Meals and snacks are tasty and filling and are good options for a wide variety of health conditions – heart, diabetes, inflammation and brain health.”

Recommended Foods from the MIND and Mediterranean Diets:

- Fresh fruits (especially blueberries and strawberries)
- Vegetables (especially leafy greens)
- Whole grains
- Legumes and nuts
- Fish and seafood
- Healthy fats (especially olive oil)
- Herbs and spices instead of salt
- Poultry

Foods to Limit:

- Red meats
- Butter and margarine
- Cheese
- Pastries and sweets
- Fried or fast food

By developing healthy eating patterns, you don't leave your diet to chance. Boost your brain and give yourself the fuel your body needs to function efficiently, maintain general health and provide energy.

Have more questions about lifestyle and dementia? Contact the Alzheimer Society Waterloo Wellington at 519-742-1422 or aswww@alzheimersociety.ca.

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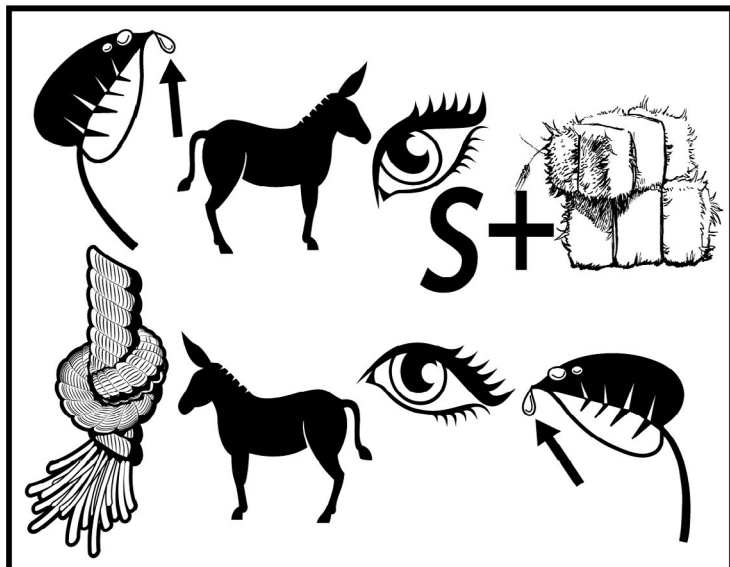
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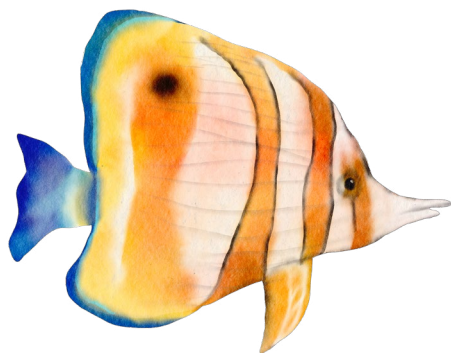
Concentration Puzzle

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



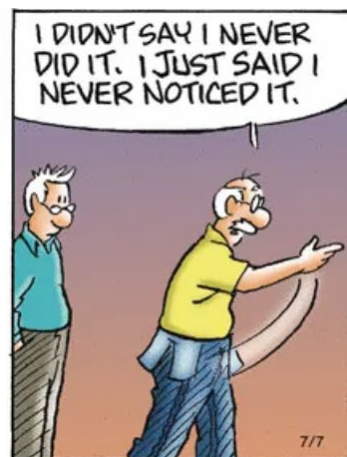
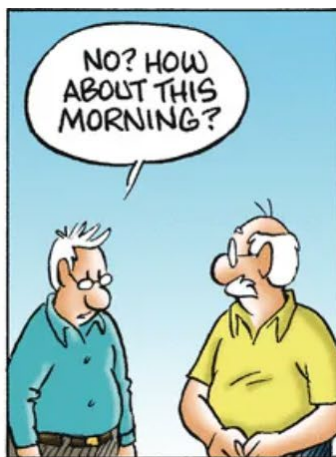
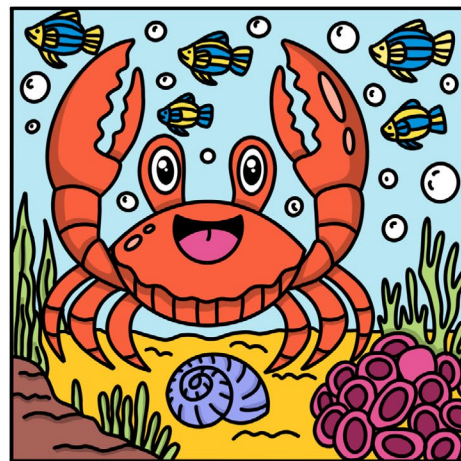
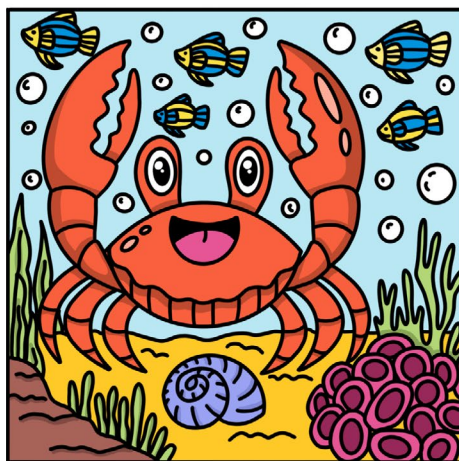
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August Puzzles



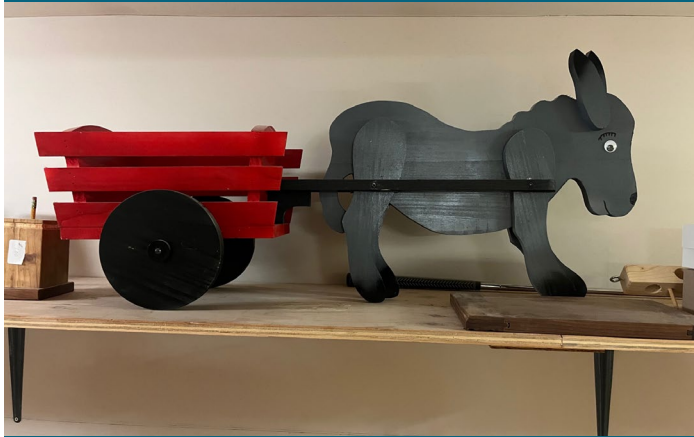
Crab Spot the Difference

Can you spot the 5 differences?



Solutions on page 30

COVER STORY



Not Just Building — Belonging. Welcome to the Wilmot Seniors’ Woodworking and Craft Centre.

BY SCOTT DUNSTALL

When Embracing Change publisher Tara Held asked if I had a story idea for the August issue, I jumped at the chance to suggest a story about a group I have been following on the local Facebook groups.

My friend Lou Divita and I co-manage the Facebook page What’s Up Wilmot?! and a while ago he recently connected with the Wilmot Seniors Woodworking and Craft Centre. He did a post to promote an upcoming event and shared their activities on WUW. I had to see what all the fuss was about.

Their location is at 27 Beck Street in Baden and while the outside may be unpretentious there is always a hive of activity going on inside during the hours they are open. The building packs in tools, talent, and a quiet sense of purpose that hits you the moment you walk through the door. Jan Hook, who has been a member for 10 years, met me in the boardroom and then kindly offered to show me around. Like many here, she didn’t come with a woodworking background. In fact, her career was in law. That’s the beauty of this place. It doesn’t matter what you did before—what matters is what you want to learn, share, or contribute now.

Membership is open to anyone 50 or older, and for \$100 a year, you gain access to a fully equipped workshop, a dedicated stained-glass studio, a paint room with spray capabilities, and, perhaps most importantly, a group of people who believe in teaching by doing and supporting one another without ego or agenda. There is even a room dedicated to wood carving projects.

There are no formal classes. No chalkboards. No lectures. What you’ll find instead is something much more personal mentorship culture that allows skills to be passed organically from member to member. Whether someone joins with decades of experience or none at all, they’re welcomed, guided, and often surprised at what they’re capable of. It’s not about perfection; it’s about progress and community.

As Jan guided me through the various work areas, I couldn’t help but be amazed by the range of activity. Tools of all kinds were in motion including table saws, drill presses, sanders, lathes. Some members were in maintenance mode, keeping the place running smoothly. One had recently upgraded the paint room’s ventilation system. Another was tuning up the dust collection network. The tools themselves had been donated over time, from private individuals, businesses, and generous members. And the raw materials? Much of the wood is donated by local farmers or sourced through community connections. Health and safety are a priority and besides the sage advice and guidance of the veteran members there are some built-in safeguards in the equipment such as an automatic locking system on the table saw blade if a hand gets too close to it.

This place is as much about giving as it is about making. Members don’t just create items for their own use or enjoyment. A big part of their work supports others—repairing cherished items for neighbours, fulfilling requests from organizations, or preparing products for their annual holiday and seasonal sales. During my visit, I saw one member preparing a batch of carefully cut wooden maple leaves to be given as gifts. These weren’t rough cuts from scrap—they were polished, artfully made, and created using a custom jig to ensure precision. It was clear this wasn’t just a pastime, it was pride in motion.

Upstairs, Jan led me into what I can only describe as a mini showroom—tables and shelves filled with handmade toys, home décor, and furniture. It was hard not to be impressed. But one piece stood out—a small, unfinished Adirondack chair. Jan explained it had belonged to a member who

had passed away before he could complete it. I paused while tears welled. That man had been my neighbour. I remembered the way he'd light up when I asked where he was heading. "Off to the workshop," he'd say with a grin. Now I understood what that smile meant.

The shop supports many different types of projects. Some members work on personal items—gifts for grandkids, a bookshelf for home, or custom furniture. Others work on community pieces or do repair jobs for people who can't find help elsewhere. Still others contribute directly to the Centre's fundraising efforts by making pieces for sale events, the proceeds of which go back into supporting the shop. You can actually stop by the shop anytime they are open and ask to visit the showroom—great unique gift ideas made locally with love.

Beyond the wood and the glass, what's being built here are relationships. New friendships, a sense of purpose, and a reason to get out of the house and into something meaningful. I heard about members who had never touched a chisel or fired up a lathe before joining. But with a little help, and a lot of patience, they discovered they could make something with their own two hands—and feel good doing it.

And not everyone comes for the projects. Some people help by organizing materials, managing the money, or providing a warm reception to new members. Everyone contributes in their own way, and that contribution is welcomed without judgment or hierarchy. If the floor needs sweeping, someone sweeps it. If a new member needs help cutting their first board, someone's there to guide them. It's seamless, and surprisingly rare in volunteer organizations.

Of course, like any group, occasional disagreements come up. But what stood out to me is how they're handled—with maturity, conversation, and a shared understanding that the mission here is bigger than one opinion or one ego. This is a group that chooses collaboration over conflict and finds strength in its diversity of background and experience.

The shop now boasts about 70 members, with more joining each year. Some are drawn by the tools, others by the social aspect. Some just want to see if they can turn a flat board into a family keepsake. But they all walk away with more than they came in with—not just in skill, but in connection.

If you're over 50 and looking for something hands-on, fulfilling, and just downright good for the soul, I can't recommend this place enough. Whether you want to build a bench, craft a stained-glass window, or just spend a few hours in good company, the Wilmot Seniors Woodworking and Craft Centre is ready for you.

For more information, visit their Facebook page at facebook.com/wilmotseniorsworkshop or call 519-634-5357.



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Staying Safe in the Summer Heat

The summer provides a great opportunity to get out of the house to enjoy the weather, relax and enjoy the outdoors, particularly after the long fall, winter and spring that we have just experienced. While it is always nice to feel the warmth of the sun on our face, the sun, heat and humidity can create challenges. To help prevent a heat-related emergency, here are a few safety tips that you can follow:

Stay Hydrated – Staying hydrated is essential in the summer heat. Drinking 6 to 8 glasses of water each day is important. Rather than drinking when you are thirsty, which means that signs of dehydration are already kicking in, it is important to consume water throughout the day. This is especially important as you age, when the feeling of becoming thirsty can sometimes be less noticeable and your body has trouble adjusting to changes in temperature. Get in the habit of taking a water bottle with you wherever you go. Try and avoid pop, alcohol and caffeinated drinks which can dehydrate you.

Wear Sunscreen – While we enjoy the sun, spending 15 minutes in the sun on a hot summer day can cause damage to our skin, especially with the impact of UV rays. In addition to being painful, sunburns prevent the body from naturally cooling. Apply and reapply sunscreen throughout the day to minimize the impact of the sun on your skin.

Protect Your Eyes – Too much exposure to the sun can irritate your eyes, especially if you are already experiencing issues with your vision. Wearing sunglasses is recommended to help protect your eyes from harmful UV rays.

Wear the Right Type of Clothing – Light, loose clothing, made of natural (such as cotton), rather than synthetic material, can help heat to escape

and to make you feel cooler. Wearing lighter colours such as white or yellow can help to reflect the rays of the sun. Wearing a light, long sleeve shirt is also a great way to protect your skin from the sun. Wearing a hat with a wide brim to protect your neck and face is also helpful.

Exercise Wisely – If you enjoy getting out of the house for activities, walking or gardening, be sure to wear protective clothing, keep track of time to avoid long periods of exposure to the sun and drink more water than usual, especially if you are exercising.

Avoid the Hottest Part of the Day – If at all possible, it is best to organize outside activities in the morning or evening, when it tends to be cooler. Limiting outside activities between noon and 3 pm, when it tends to be the hottest part of the day, is a good way to reduce the impact of the heat.

Know Your Medications – It is important read labels and to talk to your doctor or pharmacist to understand if your medications cause any side effects or sensitivities as a result of the sun. Some medications are also less effective if exposed to heat.

Stay Cool – During the heat of the summer, finding opportunities to stay cool is important. Having access to air conditioning at home is always helpful. However, there are many public places in our communities that you can access to stay cool. If you are having trouble staying cool in this hot, humid weather, please contact us for assistance.

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

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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

H.I.S. Diploma Conestoga College

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Dear Readers: August 2025

Welcome back. This month our topic is ~ Crafting an Obituary: Our Final Story

Do obituaries hold meaning for you or do you often feel they can be boring? Have you ever considered writing your own? Writing an obituary for someone else might be easier than writing your own, however, a growing number of people are now doing just that—crafting their own as a legacy gift for their loved ones.

A new trend is emerging where obituaries serve as a platform for one last laugh. It's possible to inject humor while still honoring the tradition of acknowledging significant accomplishments and family history.

In my line of work, I encourage people to consider their obituary. Some individuals view writing their own as too vain, while others think it “just doesn’t matter” what it says, since they’re no longer around.

Whether you’re writing your own or one for someone else, here are some helpful tips and reflections that might help:

When writing an obituary for others start by including the basic information:

- Birth and Death dates
- Biography –this is where we can summarize meaningful events, qualities, contributions, important connections, milestones and achievements.
- Surviving family
- Celebration of Life / Funeral information
- Special Messages

Be sure to use the language that you (and others involved in writing the obituary) are most comfortable with.

Consider taking the obituary to the next level by noting what the person loved or hated, what really ticked them off and perhaps a surprising thing that happened in their life.

Writing Your Own Obituary:

Legacy.com offers the following significant tips when writing your own:

- Choose a tone – let your personality shine through. Be grateful, encouraging, inspiring, and educational.
- Set aside personal grievances.
- Decide on first or third-person storytelling
- Leave politics at the door.
- Do not reveal family secrets.
- Do not create a list of people you appreciated—you’re bound to forget someone.

An exercise to help you write your own obituary

1. Start by writing your name the way you’d like it to look on your headstone., even if you are not going to have a headstone.
2. In one line, how did you make the world a better place? Be concise.
3. Write down how people will remember you. Stick to the tone and words that regular people would use – especially those who know you well. The why is essential (you don’t need the full laundry list).
4. This part requires more introspection. Look at yourself in the mirror and answer this unfiltered: “who was the real you?” Not your masks or costumes, not your job or titles or roles. What made you unique?
5. Who will miss you the most? This seems easy, but it’s not. A lot of people will for sure, but who were those people to whom you meant something special? Avoid judging yourself. Being honest is what makes this exercise meaningful.
6. Now it’s time to be creative. The previous steps provided the background; now it’s time to bring your epitaph to life. Write down in one or two paragraphs the words that you would love someone to say about you once you departed. This is the most critical part of the exercise. Connect with your true essence, not your vanity.

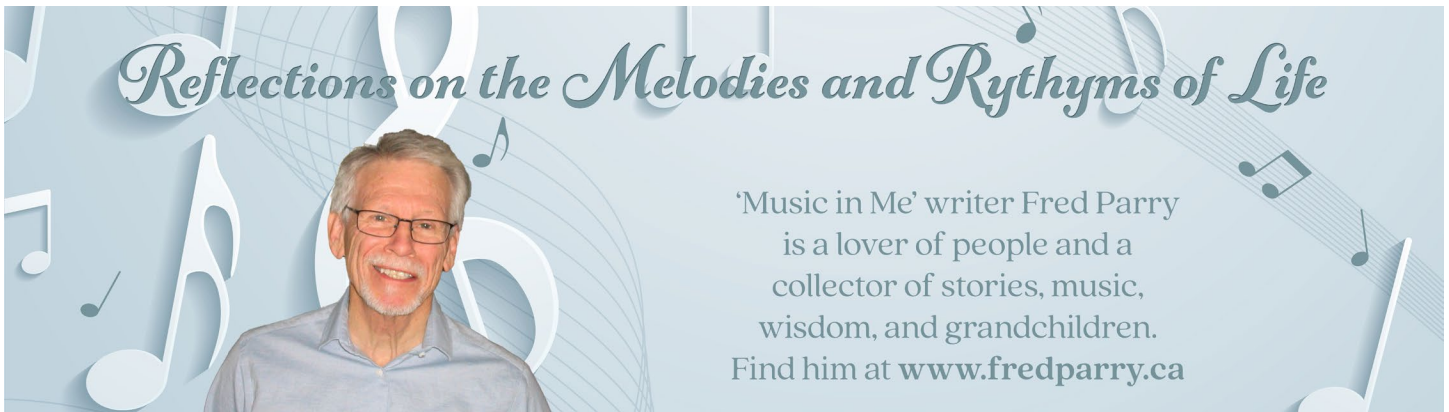
Resource guide: Legacy.com, <https://www.legacy.com/>

Sue Phillips: E: sPhillips5519@gmail.com
W: www.suephillips.ca.

Next Month’s Topic: Medical Assistance in Dying (MAiD) ~ because our journey toward death is ours to plan.

“Death is not the opposite of life, but a part of it.”

— Haruki Murakami



Reflections on the Melodies and Rythms of Life

'Music in Me' writer Fred Parry
is a lover of people and a
collector of stories, music,
wisdom, and grandchildren.
Find him at www.fredparry.ca

Life: Just a walk in the Park

"Uptown, in penthouse number three

Uptown, just my baby and me"

– Uptown by Roy Orbison

Well, after 34 years living in a century farm home, our big move to the city didn't land us in a penthouse, but we're happy with our spacious two-bedroom apartment.

As we walk through nearby Victoria park, we're greeted by a scene reminiscent of a 19th century Currier and Ives print. Folks, like ourselves, seeking a welcomed getaway from the stress of the day's fast lifestyle.

Parents spreading out blankets in picnic fashion for their young toddlers to enjoy; athletic young men laughing while playing touch football; people crisscrossing the park on bikes; a group of seniors strolling leisurely while enjoying an ice cream... bought from a vendor, peddling his way among the throngs.

"People dancing, people laughing / a man selling ice cream"

– Saturday in the Park by Chicago

Yet, close by, we're reminded that this idyllic scene is not without hardship. You'd have to be wearing rose-coloured glasses not to see.

Underneath a large maple tree, on the edge of the park, there's a blanket covering a human form. And later, as we entered a nearby variety store, we're greeted by a homeless person with cap in hand – while inside a sad scene unfolds before us.

A distraught woman is on the floor, dumping out the contents of her oversized bag looking for \$5.55 to pay for her purchase – staff and customers warily standing back. Not wishing to extend this pathetic situation any longer, I ask the owner to add it to my order. She turns around and mumbles a thank you, but it's clear she unaware of where she is.

Then, I see my mistake... her items of ice cream and bubble gum. I mean, who wastes their limited funds on such trivialities – unless your priorities are badly misplaced? The hapless man giving us a suspicious look as we leave.

Maybe, I shouldn't be surprised; I also realize that I'm not qualified to pass judgement. All I know is that there are people with genuine hardship, through no fault of their own – often including children – lives greatly diminished by low expectations. But, how to tell the difference between real need and scam artists... everywhere on the economic ladder?

"Don't assume everything on the surface is what you see /

Cause that classmate just lost her mother

And that taxi driver's got a PhD"

– Everybody's Got a Story by Amanda Marshall

Next day, looking out, the sun burns through the morning fog to show a church's steeple, as my faith reminds me that there are no mistakes. What if I was meant to be in that store, at the exact moment that woman was looking for a miracle?

Who knows if she needed some sign that the world still cared and I was the unlikely instrument to show it... maybe the best \$5.55 investment of both our lives!

That's the way I figure it. – by Fred Parry

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Inter-generational Family Conflict

Written by: Will Brubacher

Part One: How Safe is Your Husband?

9:00 a.m. I was standing at the end of a driveway, in early October waiting for the arrival of the Executive Director of a local Retirement Home Living Complex who still hadn't arrived. She was late.

The moving truck, and three men were standing and waiting with me. It was raining.

The hourly clock was ticking, and I was becoming more anxious by the minute wondering where the Executive Director was, since I hadn't heard (of any change in plan) from her.

A white-haired senior lady was peering worriedly out between the half-drawn drapes in the front window of her home, obviously wondering what was happening.

I couldn't put her through any more agony; so I walked to the door and rang the bell. She appeared almost immediately with a mixture of anger and fear on her face. "What's going on?" she asked anxiously.

I apologized for the mystery and introduced myself, then told her why we were there. It was, I explained, "To remove your husband's property," I said calmly, and in a respectful manner. She was speechless, and obviously in disbelief and shock.

It's truly amazing that it only takes a few seconds to change someone's life, as only sudden and unexpected events usually do.

My seniors downsizing company had been engaged by the retirement home to pick up the belongings of a senior man whose family claimed his wife had been abusing him. The family was sitting in an idling car just down the street out of sight of what was going on at the house.



The man's wife let the movers in, I suspect, without even thinking (because of her shock), and I escorted her to her living room where we could sit without being disturbed by the activity. I could see how surprised and upset she was, as she just stared back at me through dark, vacant eyes, confused by what she was experiencing.

When she was ready, she began talking, telling me of the relationship that she and her husband had, and how he needed a lot of care. The more she talked the more I could see, that there was no evidence of an abusive woman, or abusive behaviour, and that the accusation against her was at the least a distortion of truth, and at most, an outright lie.

A couple of hours later, the moving truck had gone with the husband's belongings, and she and I were left alone sitting together at her kitchen table sipping tea and eating cookies.

Clearly, there had been an obvious miscarriage of judgment by a number of people, which I felt, had caused this particularly distressing outcome; however, I was only the 'messenger' being paid to do a job, and not to interfere in circumstances beyond my full understanding or control.

It made me wonder how many other such life-changing incidents were occurring at the expense of seniors due to the lack of awareness and attention to the improper imbalance of intergenerational power.

We'll look further at this critical issue in future articles to follow.

I know how surprised you'll be

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Will Brubacher, Certified Family Intergenerational Conflict Coach (Family Mediation Canada and Ontario Association of Family Mediation)

The Importance of Having Fun in the Summer!

As we approach the summer, I want to invite us all to reflect on how we are including fun in our lives. As a therapist I regularly witness people struggling to prioritize fun in their routines. Summer is a season filled with sunshine, fresh air, and occasions for connection and activity. While children and younger adults often fill their calendars with vacations and social outings, it is just as important for older adults to embrace the opportunities of summer. Experiencing joy and having fun contributes to feelings of contentment which shape overall life satisfaction. Staying engaged, active, and socially connected can have a significant impact on older adults' emotional, physical, and cognitive health.

I like to think of summer as a season for expansion. There is often so much happening around us and much to explore. It's a chance to venture outside of one's comfort zone. This season can be a time to invest in your relationships and create memories that will sustain you throughout the year.

Having fun is valuable and it is important that we all find out what fun looks like for each of us. Discover a way to enjoy summer that is right for you. Life is precious and I encourage you to make the most of the time you have in whatever way you want that to look. Specifically, I invite you to consider how having fun fits into this. Figure out what you like to do for fun and how to incorporate it more. This may seem simple but, in a world that focuses on productivity and achievement, some people haven't given this a lot of thought.

Find other people to have fun with. Invite family and friends to join you to do things you enjoy. Consider a trip. The world is big and there are lots of places to explore. Is there a nearby museum you've never been to but might find interesting? Could you pack a picnic lunch, bring a good book, and visit the local park or beach? On a really hot day where you'd prefer to be indoors, movies can be a great option. Find a local pool with swimming times for older adults only. Go for a drive. Find a local bus tour company and pick a tour route that interests you. Find a volunteer commitment in an area of interest. Explore the province you live in. Additionally, if the activity you used to do for fun is no longer accessible, consider trying something different. You may discover new and exciting things about yourself, and the people close to you.

Danielle Lancaster,
Registered Psychotherapist
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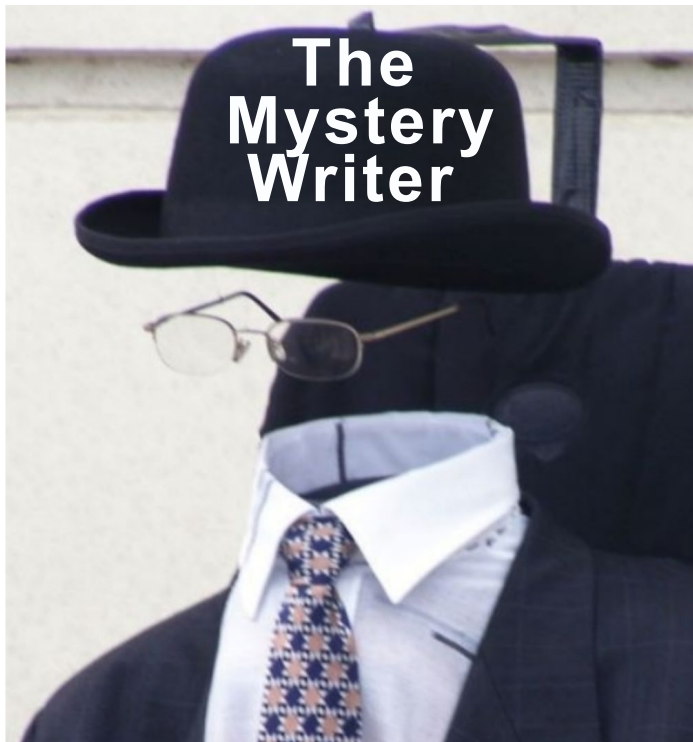
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My Current 'Last' Car

PART ONE:

If you've ever gone through that sensitive "coming of age" period, of realizing that the next car you own will likely be your last, then you'll understand the serious and sombre point of what I'm going to share with you today.

It's like looking at the reality of your life, squarely in the rear-view mirror, and seeing your future quickly catching up to you because you can no longer keep ahead of it.

WHAT A SOMBRE SUBJECT!! But I'll try to keep it lively.

A couple of weeks ago, I took my car into the dealership to silence the cause of the hair-raising guttural 'dragster' sound emanating from the 'nether-lands' of my vehicle, meaning somewhere under the hood.

This tells you how much I don't know about the mysterious moving parts of a car, and of the possible causes of any such strange and ominous noises.

Understanding how a horse gets up to speed is a lot easier and more obvious for people like me to comprehend and appreciate. (Not that I'm suggesting we return to riding horses... unless you still are.)

Now, to my surprise, after the tech guys got through with their diagnosis of my 'beast', they declared it "unsafe" and not worth repairing. So the car was shot.

Well, not literally, but it was going to fall apart at any time. And you could have fooled me, because from the outside, it still looked as good as a pig with lipstick, flashing it's 'come - hither' blue eyes. But as I said, what do I know? And, the dealership is reliable.

I would reluctantly need a new ride.

Well, what happened next I suspect has happened to those of you like me who have experienced that particular moment in time, or those who will predictably, at some later point in life.

It's a sober awakening to say the least, confronting something over which we have little to no control.

A feeling of helplessness spread over my body, and forced 'surrender' from my bank account.

You see, what I realized was, that whatever I replaced my car with, was likely going to be my 'last', unless, of course, instead of wings, I'm directed to the Heavenly Halo Car dealership, on Eternity Drive, to select my next mode of transportation. Anything is possible after all, it's heaven, isn't it, I hope; and surely they've got their latest sports cars from which to choose?

(Was that a church bell I just heard in the distance? :)

Anyway, you get the point. The sombre sentimental reality of that stark realization of my age reminding me that everything has to come to an end, spoke of things I didn't particularly want to consider at the time, in spite of signs of it everywhere. Perhaps like you, the older I get, the more often I see life withering around me, too fast, like the traffic.

Ouch! Where did my youth go, and so fast?

There's something rather sad about times like this.... these 'last times'. Last things, such as the last day of summer; the last time I will take that trip; the last pair of shoes I'll need to buy; or maybe my last suit. But, at least, I won't have to walk around in it as a reminder. :)

Ok - enough, already!

Fortunately, in this case, I do have the opportunity of making a last choice, and I can still enjoy the prospects of getting a 'new' /replacement car. Right?

However, being completely honest, I'm one of those guys, who is drawn more to (some might say) the rather superficial appearance of a car, like the exterior design, and, or colour, than the size or power of its engine. Size isn't everything, unless it is, if you know what I mean.

We all know what appeals to us, don't we? And mine isn't horse power, or all the technical features available these days, to "enhance our driving pleasure", that are too numerous to mention.

So, I thought, what's it going to be? A last hurrah, sports car, shouting an old man going through his 'late- state' male 'manopause,' parading his shameless pride driving down the street, like that Emperor with no clothes?; or, an 'invisible' car that fits in with most of the rest of traffic?

You know, the kind that flashes the question, "Is that the last car that that old guy will ever drive?"

On another note, have you noticed that at our ages, most choices we're having to make are quite 'serious'.... if not downright stressful, and most often, deeply personal?

Whatever happened to the concept of our easy, 'golden years'? They didn't mention the choices that would be confronting us, did they?

OK. "So what happened next?" you may be wondering?

Well, like most things that 'should' be easy, this, too, turned into that "first step in the journey of a thousand miles", and got only more complicated and stressful from there on....

I knew it! And, I'll have to fill you in on the end of the story next month.

So, which will it be:

#1



or

#2



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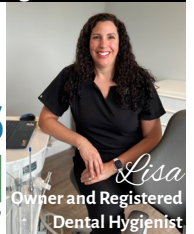
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JK Senior Services | Krista Legge

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

Right at Home - Kitchener/Waterloo

Home Health Care & Assistance | 519-279-0888
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
chris@futher-franklinfuneralhome.com

Mark Jutzi Funeral Home

291 Huron St., New Hamburg
519-662-1661 | newhamburgchapel@mjfh.ca
www.markjutzifuneralhomes.ca

Compassionate End-of-Life Ceremonies - Angie Hallman

291 Huron St., New Hamburg
519-574-1572 | www.angiehallman.com
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MAID Bedside Ceremonies

REAL ESTATE

Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

Jim & Tricia Miller

Remax Twin City Realty
New Hamburg | 519-590-5995

Joanna Baechler, Broker

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(888) 908-7177 | Easywearadaptiveclothing.com

Focus Computers

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

MCC Thrift & Gift

59 Church St W, Elmira, ON
519-669-8475
www.mccthriftontario.com/elmira

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
info@tcmhomes.com

COMMUNITY BUSINESS DIRECTORY

Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener
519-896-3112 ext 300 | 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

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Stonetown Travel Ltd.

210 Mill St. New Hamburg
226-333-9939
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 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

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P: 519-662-9995 F: 519-662-9984

WHERE TO GET YOUR FREE COPY

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

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



- Heart & Home Creations NH
- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

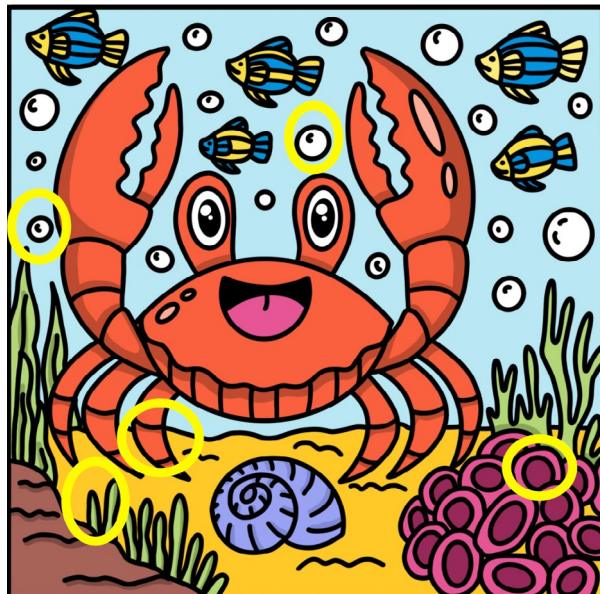
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

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

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- 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: Do as I say, not as I do.

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

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Did you know?

Your pharmacists can prescribe medications for these conditions*:



- 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
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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)



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

Call to book an appointment!

*Conditions may apply. Ask us for details.

Guardian