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EMBRACING CHANGE

VOL. 8 ISSUE 10

JUNE 2026

Feature Business of the Month

COMMUNITY
CARE
CONCEPTS



ON THE COVER:
DICK AND SHIRLEY DEGRAAF SHARE
THEIR 58 YEAR STORY OF PARTNERSHIP,
PURPOSE, LAUGHTER, AND LIFTING
OTHERS UP.

OUR LOCAL & REPUTABLE
BUSINESS DIRECTORY
LISTING: PAGE 26

COMMUNITY RESOURCE GUIDE
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On The Cover


On the cover, Dick and Shirley DeGraaf share their 58 year story of partnership, purpose, laughter, and lifting others up. See the full cover story on page 12.


Cover Story & Photo By: *Scott Dunstall*




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Editorial Policy & Disclaimer:

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



LETTER FROM THE EDITOR

As we welcome June, we also celebrate Seniors Month — a time to recognize and appreciate the older adults who have helped shape our families, communities, and lives through their wisdom, kindness, resilience, and experience. It's also a reminder of the importance of staying connected, supporting one another, and continuing to celebrate every stage of life.

June is also special because we celebrate Father's Day, and this year I wanted to take a moment to personally thank my Dad. Embracing Change would not be

what it is today without his constant support, encouragement, and willingness to help wherever needed — especially with distribution each month. From the beginning, he has believed in my dreams and has always been there to lend a hand, offer advice, and cheer me on through every step of this journey.

Running a publication takes many moving parts, and having someone so dependable by my side has meant more than words can say. I truly couldn't do it without him. I know many of our readers can relate to having someone in their lives whose quiet support makes all the difference, and I feel very grateful for mine.

To all fathers, grandfathers, stepfathers, and father figures — thank you for the care, guidance, patience, and love you bring to your families and communities every day. I hope this month brings time to celebrate the important people who support and uplift us.

Wishing everyone a happy, healthy, and enjoyable June!

Warmly,

Tara



FLASHBACK PHOTO

Blue Moon Hotel Early 1970s

The Blue Moon Hotel has gone through quite an evolution since it was built by John Ernst in 1848. Starting off as a stagecoach stop for travellers heading west to Lake Huron, the Hotel is also remembered as a restaurant serving good country meals. The Blue Moon was designated as a heritage building in 1988, since the front facade had hardly changed since it was built. Now a spot for different memories, the Blue Moon is home to the Ethiopian Orthodox Church.



Courtesy of the Grace Schmidt Room, Kitchener Public Library

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Celebrating Seniors Month

The month of June provides a wonderful opportunity to recognize and celebrate seniors in communities across Ontario. As a local non-profit that supports seniors across our rural townships of Woolwich, Wellesley and Wilmot to live independently in their own homes and in their communities, Community Care Concepts is incredibly grateful for the many seniors who interact with our organization and enrich our lives on a daily basis. We continue to learn, grow and be guided by their experience, their wisdom, their approach to life and their incredible resilience.

In recognizing June as Seniors Month, it is also a great opportunity to encourage seniors to become or remain engaged in their communities and to build solid social connections. We know that for people to age well in the community, there are several key components that must be place – good physical health, good mental health, nutrition and physical exercise. However, the one element which is often overlooked and yet serves as one of the most important protective factors in helping people to age well, is the ability to maintain social connections. Maintaining social connections can look very different for each person. Many seniors have built many components of their life and well-being around these social opportunities, whether it be gathering with friends, attending clubs or activities or volunteering in the community. Others have benefitted from having a smaller circle of contacts that they spend time with or turn to for support or assistance. Regardless, the importance of maintaining social connections in a way which best reflects your needs and interests is a critical component to aging well. If you are not sure where to go or having difficulty in accessing these opportunities, please reach out. We are more than happy to help connect you with several opportunities across our Townships that can help you to build these connections.

Many seniors benefit from volunteer opportunities as a way to remain engaged and connected. There are many wonderful volunteer opportunities across multiple organizations in our Townships. I would encourage you to explore these opportunities. Beyond the direct impact on supporting individuals and services in our communities, many would say that volunteering provides many personal rewards that enhance their own quality of life.

Across communities during the month of June you will witness increased promotion of opportunities to become active and engaged in your community, as many organizations and businesses acknowledge the significance of June as Seniors Month. I would encourage you to explore the many opportunities which are presented.

It is recognized that while many seniors would like to participate in their community, caregiving responsibilities or health limitations impact their ability to participate. As we celebrate Seniors Month we also recognize the important role of caregivers as well as the many seniors who place their trust in us to support them to live independently.

On behalf of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! Our communities are so enriched by your presence, your contributions, and your role in shaping our communities.

With gratitude,
Cathy Harrington, Executive Director

COMMUNITY
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of Woolwich, Wellesley and Wilmot



JUNE IS SENIORS MONTH

IN ONTARIO.

WILMOT IS
FLYING A FLAG.

 In recognition of this vital and important part of our community, the "Embracing Change" flag will be raised at **11:00 AM on June 1** at the Wilmot Township Offices and will fly the entire month.



EMBRACING CHANGE





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of Woolwich, Wellesley and Wilmot

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Pamela T.



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Repetitive Questions in Dementia: What they really mean

Soci t  Alzheimer Society
WATERLOO WELLINGTON



If you're supporting someone living with dementia, repeated questions can be one of the most challenging behaviours to navigate. While it may feel frustrating, these moments are not intentional - they are a form of communication.

"Repetitive questions are often about unmet needs, not memory alone," says Robin Smart. "When we look beyond the words to the feeling underneath, we can respond more effectively."

Why Do Repetitive Questions Happen?

A person with dementia may have difficulty storing new information, so each answer can feel new, but quickly disappears. Repetition may also be linked to:

A person with dementia may have difficulty storing new information, so each answer can feel new, but quickly disappears. Repetition may also be linked to:

- **Seeking control:** As the world becomes more confusing, asking questions can help a person feel more grounded and in control.
- **Needing reassurance:** Memory loss can create a deep sense of insecurity. Repeating a question may be a way to feel safe again.
- **Misinterpreting surroundings:** Sounds, sights, or changes in environment may cause anxiety, leading to repeated questioning.
- **Looking for connection:** Sometimes the question isn't about information at all - it may be a request for attention, reassurance, or social interaction.

What Helps

- Establish a consistent daily routine to reduce uncertainty.
- Use visual cues, such as whiteboards with daily schedules or pictures to help guide the person.
- Offer information at the right time, and avoid overwhelming them with too many details at once.

If you're supporting someone living with dementia, repeated questions can be one of the most challenging behaviours to navigate. While it may feel frustrating, these moments are not intentional - they are a form of communication.

A Different Approach

Responding effectively often starts with a shift in perspective.

- **Respond to the emotion, not the question.** Reassurance can be more helpful than a specific answer to the question.
- **Use a calm, patient tone.** The person does not remember asking the question before.
- **Avoid correcting or reminding.** Statements like "You already asked that" can increase distress.
- **Remove prompts.** For instance, seeing a coat by the door might lead to repeated questions about going out.

When It's Not About Information

Sometimes, repetitive questions are emotionally driven rather than informational.

A question like "When can I go home?" may not be about a physical place. Instead, it may reflect a longing for a time when the person felt independent, secure and respected. Simply answering, "you are home" may not be helpful.

In these moments, reassurance and validation are key. Gentle distraction - such as engaging in a meaningful activity or moving to a different space - can also help. When people feel connected, valued, and involved, the need to seek reassurance often decreases.

Repetitive questions can be difficult, but by focusing on what the person is feeling, rather than what they are asking, you can respond in a way that brings comfort and dignity. If you need more support, please reach out to us at (519) 742-1422 or asww@alzheimersww.ca.



WCHC

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



Young at Heart - Adult Board Games Night

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

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

In person at 1401 Queens Bush Rd., Wellesley



Walk & Talk

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

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



Healthy Habits for Life

Healthy Habits for Life is a 8 week program for adults who want to build healthy habits and lower their risk of long-term health problems. Each session is interactive and includes easy tips and tools you can use in your daily life. After each session, you'll get helpful resources by email to support your learning and help you stay on track. Registration allows you to join one, two or all sessions!

1. ~~Small Steps to Better Health~~
2. ~~Healthy Habits that Stick~~
3. ~~Eat Well, Live Well: Simply Nutrition~~
4. ~~Move for Health~~
5. ~~Sleep and Stress: A Two-Way Street~~
6. ~~Health Info Without the Overwhelm~~
7. ~~Decoding Health Info Online~~
8. ~~Alcohol, Smoking and Screen Time~~



From March 3 - June 9
Times vary, in person or Zoom

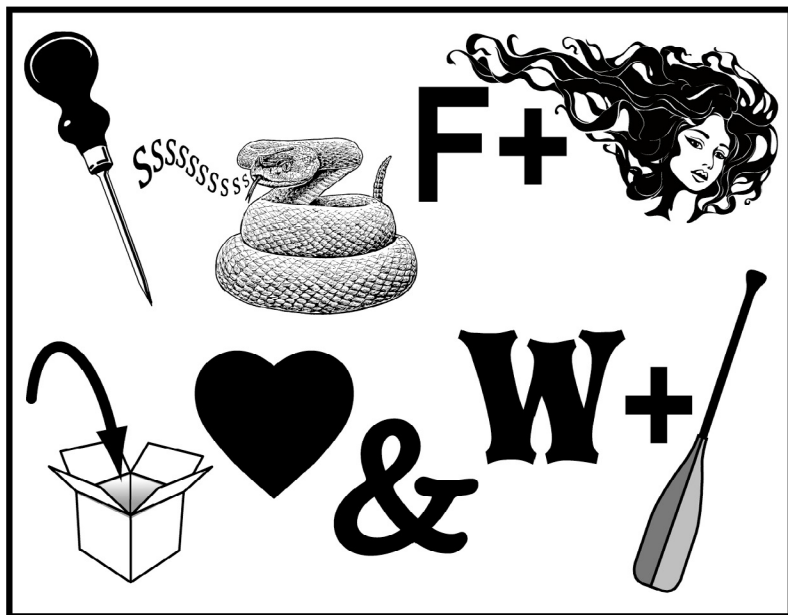
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Concentration Puzzle

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

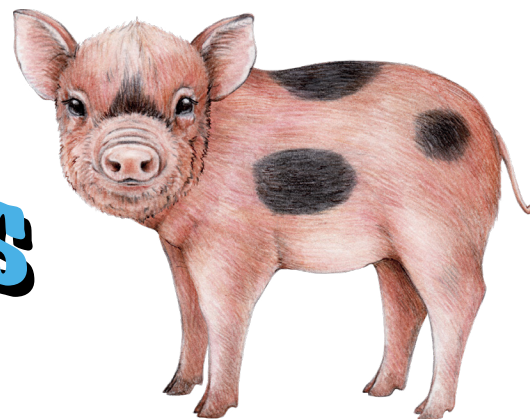


Sudoku

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



June Puzzles



SPOT THE DIFFERENCE

CAN YOU FIND THE 5 DIFFERENCES BETWEEN THESE TWO IMAGES

Solutions on page 30

COVER STORY



Full Circle Living: The Heart, Humour, and Humanity of Dick and Shirley DeGraaf

BY SCOTT DUNSTALL

In a quiet corner of New Hamburg, inside the retirement community of Morningside, lives a couple whose story doesn't just unfold, it builds over time, shaped by decisions, experiences, and an unwavering focus on people.

Dick and Shirley DeGraaf, both in their early eighties, have been married 58 years. That number matters, but not for its own sake. It reflects what filled those years, and what filled them was partnership. You see it not in grand gestures, but in how they speak about one another. Shirley supporting Dick through his lifelong pull toward helping people, and Dick stepping fully into Shirley's world when it mattered, whether that meant backing her business ventures or standing behind her creative pursuits. It has always been a shared life, not parallel ones.

Shirley was born in Wrentham, Massachusetts in 1945, the youngest of two sisters. Her upbringing had structure, but also complexity. Her father made a clear distinction between the children, with Shirley identified as "his" and her sister as "mom's." It wasn't hidden or debated, just accepted. What stands out in Shirley's reflection is not resentment, but awareness. She understood

early that life isn't always fair, and that people respond to that reality in different ways. For her, connection became essential. She credits her sister as someone who always had her back, and over time her relationship with her mother deepened.

Around the same time, she discovered something that would stay with her for life. At just four years old, she realized she could make people laugh. Her family encouraged it, and it became part of how she moved through the world. She describes herself as the class clown, but there's more behind that label than most people see. That insight lands differently when you've spent time with her, because humour for Shirley is not just performance. It's protection, perspective, and a way of processing life.

She's open about having difficult days, like anyone else. When things feel heavy, she turns to comedy, not to escape but to lift herself, to reframe and move forward. It has been her tool her entire life, and over time it has become a gift to everyone around her.

That same instinct for connection showed up early in her approach to work. As a child, she was already selling greeting cards door to door, earning about twenty dollars a week at eight years old. Even then, the pattern was there: work hard, create value, and build relationships.

After high school, Shirley attended Bible college, where she met Dick. At the time, her goal was simple. She wanted to marry a minister. She did, but what followed was something broader.

Dick began as an associate pastor in Waterloo, but his calling revealed itself in conversation rather than sermons. He found himself helping people work through real challenges, which led him back to school to pursue social work. He eventually earned his Master of Social Work and built a long career as a psychotherapist, with Shirley beside him through every stage.

Together, they stepped into one of the most demanding roles imaginable. In their thirties, they ran a group home with six boys from Children's Aid while raising two daughters of their own. It wasn't a short chapter, it was a way of life that expanded into fostering and managing multiple homes.

In the middle of that, Shirley once again saw a problem and worked toward a solution. While purchasing supplies for the homes, she began working with Zehrs to take large quantities of markdown items. Her approach was straightforward: focus on volume rather than margin and make essentials more accessible. She resold those goods so each home could operate more affordably. It was practical, innovative, and

rooted in the same principle that guided much of her life: help people where you can.

That principle carried into her own business ventures. Shirley went on to build several enterprises, including a restaurant at St. Jacobs Farmers' Market called Country Cravings, and later a frozen food resale business called Solid Choice, which sourced damaged box inventory with perfectly good product inside and sold it at reduced prices. The model was consistent. Create access, provide value, and keep things moving.

Still, if you ask Shirley what defines her today, she won't start with business. She'll start with comedy.

Now in her eighties, she produces and performs comedy shows at Morningside, organizing a two hour annual variety show that brings fellow residents into the spotlight. She writes, plans, rehearses, and performs, often taking on multiple roles herself. She's now in her fourth year, and what matters most to her is not simply the laughter, although there is plenty of it. It's the opportunity for people to be seen.

She believes seniors need to be seen, every one of them. There's a quiet honesty in that statement and a recognition that aging can sometimes come with a sense of invisibility. Rather than accept that, Shirley creates opportunities for others to step forward. She also runs Morningside's Got Talent, a lighter, non judgmental event that focuses on participation over performance. For her, showing up matters more than perfection.

Through it all, Dick remains exactly who he has always been: a steady and thoughtful presence, still deeply connected to people. These days, that connection often shows up in long cycling trips through the countryside around New Hamburg, where the focus is less on distance and more on engagement.

Together, they represent something that feels increasingly rare. A life measured not in titles or achievements, but in impact, in the children they cared for, the people Dick counselled, and the laughter Shirley continues to create. It's also measured in the quiet, consistent support they have given each other for nearly six decades.

At the end of her reflections, Shirley offers a simple thought. It's not how much you impress people with what you do or what you have. It's how they feel when they leave you. Love always wins.

Spend time with Dick and Shirley DeGraaf, and one thing becomes clear. People leave them feeling better. And that might be the most important legacy of all.

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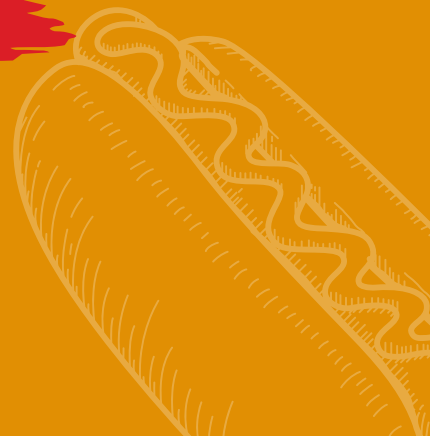


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Planning Ahead: Understanding Powers of Attorney in Ontario

Planning for the future is one of the most important steps individuals can take to protect themselves and their loved ones. In Ontario, a key part of that planning is creating Power of Attorney documents.

A Power of Attorney (POA) is a legal document that gives another person (called your “attorney”) the ability to act on your behalf when you no longer can. People typically choose a trusted family member or friend to be their attorney. In Ontario, there are two main types of Powers of Attorney: POA for Personal Care and POA for Property.

A POA for Personal Care focuses on decisions about your health and well-being. This includes choices about medical treatment, housing, nutrition, and safety. Your attorney will be expected to follow your wishes when making decisions on your behalf. One key aspect of a personal care POA is the opportunity to express your wishes in advance. This may include preferences about medical treatments, living arrangements, or end-of-life care. Having these conversations with your attorney early and discussing your wishes can provide comfort to both you and your loved ones later on.

A Power of Attorney for Property allows your chosen attorney to help with your financial matters. This may include paying bills, managing bank accounts, handling investments,

or even assisting with your taxes. Your attorney must act in your best interest, keep proper records, and provide you with an accounting of what they do. Choosing someone close to you that you trust is critical. Open communication about your expectations and wishes can help prevent misunderstandings later on.

It is also important to review your Powers of Attorney after major life events. Big changes such as marriage, divorce, or death of a loved one may change your choice of attorney or your wishes. Updating your documents ensures they continue to meet your needs over time. Ultimately, Powers of Attorney are about maintaining control and protecting your future. By planning ahead and outlining your wishes, you can help ensure that decisions about your finances and health are made by someone you trust.

Catherine Hubbard is an articling student at GGFI Law LLP, with offices in New Hamburg (519-662-2000), as well as Kitchener and Waterdown (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This Advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.



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**Did you know...
Your oral health
becomes even
more important
as you age!**

By Lisa Schaadt, RDH and Owner of Wilmot Smiles

Did you know that your mouth can reveal early signs of changes in your overall health? As we age, the connection between oral health and general well-being becomes even stronger. Data shows that while older adults in Canada are keeping more of their natural teeth than previous generations, gum health is declining—especially among seniors.

Gum disease is one of the most common chronic conditions affecting older adults. It often develops slowly and quietly, without pain, which means many people don't realize they have it. Signs such as bleeding gums, swelling, or persistent bad breath can indicate inflammation. If this inflammation continues, it can lead to bone loss around the teeth, loose teeth, and eventually tooth loss.

Several age-related factors can increase the risk of gum disease. Many medications reduce saliva flow, causing dry mouth, which makes it easier for plaque to build up. Arthritis or reduced hand strength can make brushing and flossing more difficult. Health conditions such as diabetes can also affect the body's ability to manage inflammation, including in the gums.

There are researched links between gum disease and conditions such as heart disease, diabetes, respiratory illness, and cognitive decline. While these connections do not mean that gum disease causes these conditions, they do show that inflammation in the mouth and inflammation in the body often occur together. For seniors—who may already be managing multiple health concerns—

maintaining good oral health is an important part of staying well.

Independent Dental Hygienists: A Comfortable and Accessible Option for Seniors

As a Registered Dental Hygienist and the owner of **Wilmot Smiles**, I provide preventive oral care in a home-based, welcoming environment right here in our community. In Ontario, dental hygienists are regulated health professionals who offer services such as dental cleanings, professional teeth whitening, custom sport mouthguards, comprehensive dental hygiene exams including oral cancer screenings and more! Under the Dental Hygiene Act, you can visit an **independent dental hygienist without needing a referral from a dentist!**

Dental hygienists are trained to identify early signs of concern and refer to a dentist when needed. This collaborative approach ensures you receive complete and coordinated care! This is especially helpful for seniors who may have mobility challenges, transportation limitations, or anxiety in traditional dental settings. Independent dental hygiene practices often offer flexible appointment times and a more relaxed pace, allowing for client centered care with plenty of time for questions and personalized home-care recommendations. Here at Wilmot Smiles I am the only dental hygienist... so you will have the same dental hygienist every visit!

Healthy Aging Starts With a Healthy Mouth

Your mouth is a key part of your overall health. By prioritizing preventive dental hygiene care, you can reduce inflammation, maintain your independence, and support long-term wellness!

If it has been a while since your last cleaning or you are looking to elevate your dental hygiene experience, I'd be happy to welcome you to the Wilmot Smiles family. Your smile—and your health—are worth protecting! Feel free to reach out today! Email: lisa@wilmotsmiles.ca or Mobile: 226-880-1648. My online booking page can be found at www.wilmotsmiles.ca

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Mike Harris MPP Message

Seniors are the heart of our communities. They are the builders, founders, mentors, and volunteers who have helped shape the places we proudly call home. They deserve our commitment to their health, dignity, and well-being.

Our government has taken meaningful action to ensure Ontario’s seniors can live safely, independently, and with purpose. We are investing in programs and services that help seniors remain active, connected, and supported both at home and in care settings. This includes strengthening protections for residents in long-term care, expanding dementia care, and supporting community support services.

Programs like the Seniors Active Living Centres are helping older adults in our communities stay engaged, maintain healthy and active lifestyles, and continue living independently for as long as possible. At the same time our government has made historic investments in long-term care and building thousands of new and upgraded beds across the province, including in our region. By supporting seniors, we are strengthening the communities our families will call home for generations to come.



MIKE HARRIS
MPP Kitchener–Conestoga

Supporting Seniors
in Kitchener–Conestoga through community programs that keep them connected.



519-669-2090
mike.harrisco@pc.ola.org
mikeharrismpp.ca



Coffee House Talks

FIELD TRIP TO CASTLE KILBRIDE

Wednesday, June 17, 2026
10:00 am - 11:00 am
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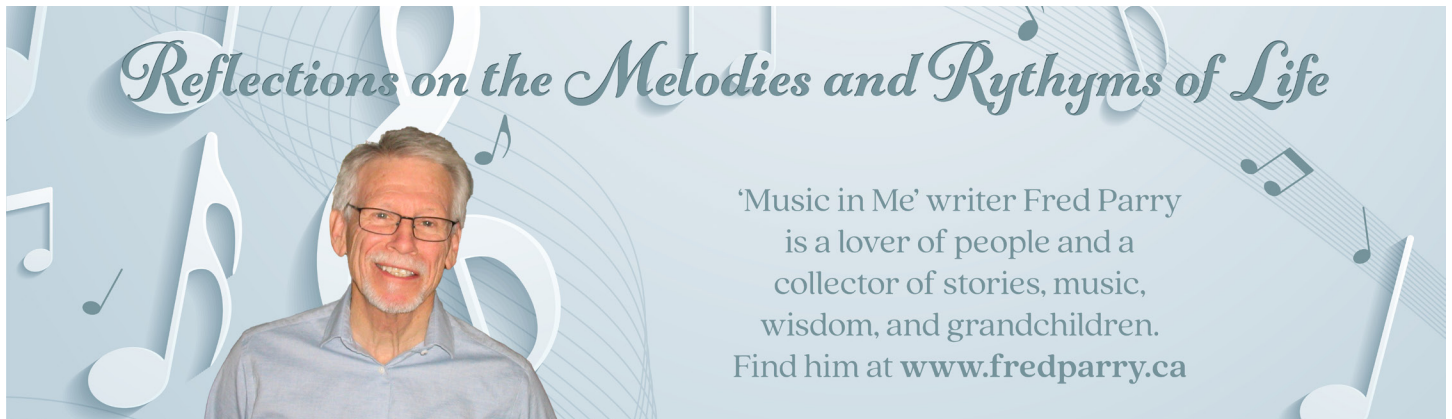
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'Music in Me' writer Fred Parry is a lover of people and a collector of stories, music, wisdom, and grandchildren. Find him at www.fredparry.ca

A Father's Call

There once was a man who became very sad whenever he called his father on Father's day. His father, who lived in a distance city, always took the opportunity to chastise the man for not calling more often. To this the son would say that it was a two way street; but refused to be drawn into an argument.

The son's wife, who was naturally concerned about her husband, asked why he even bothered to call on Father's day – knowing how his father was. He told her that it was the right thing to do – to honour your father and mother – even though it made him sad.

Then one year, at Christmas, a nurse called from a hospital to say that his father was sick and was asking for him to come. Despite the late hour, the son went immediately and visited with his father. His father talked of many things and the man had compassion for his father, as he could see his father was remorseful.

The man suggested to his father that a man's past does not equal his future and that maybe they could start over, after his father recovered from his illness. He gave his father a blank sheet of paper in order to write some New Year's resolutions, and the son would do the same, hoping for a new relationship.

His father nodded in agreement; but the son returned a few days later and noticed the paper was still blank. He never said anything about it to his father, although he was puzzled. Could it be that the father had a change of heart; or was there something else?

His father, who was wearing an oxygen mask, then wrote a note that asked if his son was late for the job interview that he had mentioned earlier – some distance away. He told his father

that yes he should go; but that he would be back early the next morning. His father then scribbled something illegible on the paper and collapsed back on to his hospital bed exhausted.

When the son return to the hospital the next morning, he was told that his father had died, just a few hours earlier. In fact, he learned that the doctor had reminded his father to get his affairs in order, because he had only hours to live.

Saddened; the son unravelled the note his dad had given him before he had left. Since the letters on the page were jumbled and ran together, it took some time to decipher them. In it, his father said to hurry back and that he had hoped the Will was OK.

The man wept because he realized that his father had sacrificed his last remaining hours of life, by not mentioning he was dying, because he knew his son would never have left him.

He also realized something else – his father had always loved him, very much.

And he smiled when he thought of his dad and next Father's day.

fredparry.ca2011

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Advance & Comfort Care Planning for Seniors

Hospice Care: Compassionate Support at End of Life

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

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

Dear Readers: June 2026

In my support of individuals navigating their final transition, one topic we often explore is “where.”

I ask people where they want to die—at home, in hospital, in hospice, or in long-term care. If you are able to plan, I strongly encourage this reflection.

It is never too early to plan, but it can be too late. The time to consider these decisions is when you are well and able to think clearly about what matters most.

This month, let’s look at hospice care.

Hospice care, at its heart, is a compassionate approach focused on comfort, dignity, and quality of life for individuals with life-limiting illnesses who are not expected to live more than roughly six months. Care can be provided in a residential hospice or at home.

To enter hospice care, a person must generally meet two conditions: a terminal prognosis of six months or less and a shift toward comfort care (palliative) rather than cure. Hospice care is not about giving up; it is about thoughtful symptom management and quality of life.

Residential hospice care offers a home-like environment with round-the-clock support from personal support workers and nursing staff. Interdisciplinary teams and trained volunteers attend to physical, emotional, social, and spiritual needs. There is no cost for hospice care services, and referrals typically require a doctor or nurse practitioner.

The benefits of hospice care extend beyond the person who is dying. Fear and anxiety can soften. There is space for honest conversations that strengthen connection. Caregivers receive much-needed support, and grief is acknowledged as part of the experience.

We often experience a loss of dignity during a terminal illness. Hospice care can help restore a sense of autonomy and personhood that illness may erode.

One goal of non-residential hospice care is to support people in remaining at home as long as possible. In Ontario, care is typically coordinated through Ontario Health at Home. Support may include nurses, personal support workers, physicians or nurse practitioners, social workers, spiritual care providers, trained volunteers, and end-of-life doulas (privately hired).

An important distinction is that in-home hospice care does not provide 24/7 in-person support.

Depending on eligibility, medical equipment and supplies are often arranged and delivered to the home. Much of this coordination is managed through the care team and may be publicly funded.

Home hospice care can work beautifully when there are willing caregivers, when the home can be adapted, and when available supports are accepted and used.

The end of life deserves as much care, beauty, and respect as the beginning of life and hospice care can help make that possible.

Resources:

Hospice services for Wilmot, Wellesley, and Woolwich townships are primarily provided through Community Care Concepts (CCC) and the Woolwich Community Health Centre.

Residential hospice care is also available through partners in the broader Waterloo Region. Hospice Waterloo Region offers residential care, bereavement counseling, and support groups.

Ontario Health at Home:
<https://ontariohealthathome.ca/>

Sue Phillips
E: sPhillips5519@gmail.com
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Next month: End of Life Doula: Following the Work That Found Me



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5. Do you get frequent colds that persist longer than those of other people you know?

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If you are over 40 and smoke or used to smoke, you may be at risk for COPD.

This test does not replace a complete medical examination.

(The Canadian Lung Health Test)

Common Symptoms

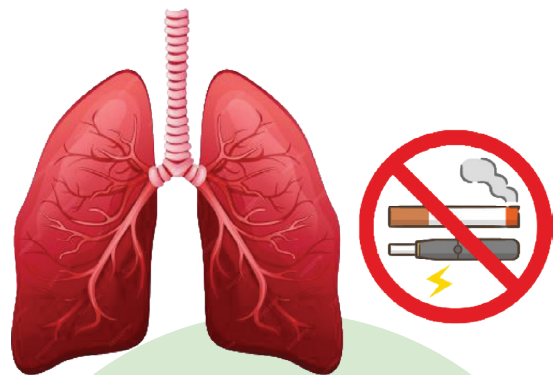
- ✓ A cough that lasts a long time (longer than 3 months)
- ✓ A cough with mucus
- ✓ Shortness of breath, especially during physical activity
- ✓ Wheezing (a whistling sound when you breathe)
- ✓ Feeling tired
- ✓ Losing weight without trying

Prevention Tips

- ✓ **Do not smoke.** If you do smoke:
 - Ask healthcare professionals for a simple breathing test
 - **It is never too late to quit!**
- ✓ Avoid lung irritants, such as:
 - Occupational dust and chemicals
 - Biomass smoke from burning coal, wood or charcoal
 - Second-hand smoke

Risk Factors

- ✓ Second-hand smoke exposure
- ✓ Air pollution
- ✓ Workplace dusts and fumes
- ✓ Genetic factors
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Don't ignore the signs – check your lungs.

Talk to your healthcare professional about how to prevent COPD.

Beyond Translation: Dementia Care Across Cultures

RIA Schlegel-UW
Research Institute
for Aging
Enhancing Life

June is Seniors Month, an opportunity to recognize the experiences and contributions of older adults across Canada. It is also a reminder that aging is not the same for everyone. Culture, language, family roles, and community all shape how people understand aging, care, and, in particular, dementia.

Canada is home to more than 450 ethnic or cultural origins, according to Statistics Canada. Reflecting this diversity in dementia research and care is essential. At the Schlegel-UW Research Institute for Aging (RIA), this means ensuring the voices of people with diverse experiences, perspectives, and cultural backgrounds shape how we understand and support people living with dementia.

Dementia carries different, and sometimes stronger, forms of stigma across cultures. In some communities, families may feel pressure to manage dementia privately or avoid discussing it openly. This stigma can delay diagnosis, prevent families from seeking support, and leave care partners feeling isolated as they try to navigate unfamiliar systems.

“In some cultures, memory loss may be viewed as a normal part of aging. In others, it may be interpreted as a mental illness or an act of God,” explains Carrie McAiney, Schlegel Research Chair in Dementia at the RIA and University of Waterloo. “These perspectives can influence when people living with dementia and care partners seek help and what kinds of support they feel comfortable accessing.”

At the RIA, McAiney and her team champion a co-design approach that brings people living with dementia and care partners into the research as partners.

“Resources created only by researchers can miss important cultural realities,” says McAiney. “By working with people living with dementia and their care partners from diverse ethnic and cultural communities, we can learn from them and co-create resources that are more culturally meaningful, respectful, and truly useful.”

For Helen Liu, a co-design partner, that perspective is deeply personal. “The word dementia was not in our vocabulary before my dad was diagnosed,” she says. “In Chinese culture, there can be stigma around the word ‘dementia.’”

Helen and other co-design partners helped shape Forward with Dementia, a collection of resources designed to help people living with dementia and care partners understand the condition, navigate diagnosis, and plan to live their best lives.

Rather than simply translating information, the materials are culturally adapted before being translated into various languages.

Community partners are also helping guide this work. Through the [Building Belonging](#) project, organizations in Halton Region and Hamilton are collaborating to deliver inclusive programs that reflect the diverse communities they serve.

“Culturally relevant support can make a powerful difference,” says McAiney. “When resources reflect the realities of different communities, care partners and people living with dementia are better able to seek help, share experiences, and find the support they need.”

This Seniors Month, the RIA is highlighting the importance of inclusive, culturally relevant support for older adults and the people who care for them. By listening to diverse communities and working alongside people with lived experience, we can help create dementia care that is more respectful, meaningful, and accessible.

For more resources that help older adults and their care partners live their best lives, visit the-ria.ca.

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- 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

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



Concentration Puzzle: All is fair in love and war.





WELCOME HOME

like & follow



SOLD

Tavistock

MLS#40827072 Price: \$849,900

2+2 bed, 2.5 bath, backing onto greenspace



Tavistock

MLS#40823112 Price: \$859,9000

3 bed 2 full baths, triple garage



Tavistock

MLS#40822259 Price: \$725,000

3 +1 bed, 3 full baths, mature yard



Woodstock

MLS# 40828409 Price: \$464,900

3 bed, 1 bath mature yard / multiple decks



Shakespeare

MLS# 40823536 Price: \$359,900

C1 Zoning 3 bed, 1bath



Perth East Twp.

MLS#40813130 Price: \$973,500

5 bedrooms, 2 baths, just over 1/2 acre



Summer is the perfect time to make a move—and the right property won't wait long. With deep experience across rural, residential, commercial, and agricultural real estate, and a trusted focus on adult lifestyle and senior transitions, Alison Willsey brings steady guidance, thoughtful strategy, and a calm, client-first approach to every step of the buying and selling journey.

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